

No. 13. Group XII.

OFFICIAL RULES

PRICE 10 CENTS

SPALDING'S

ATHLETIC LIBRARY

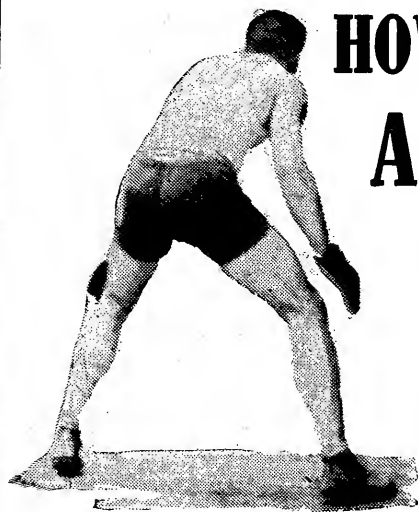
Auxiliary Series

GV 1017

.H2 B7

1916

Copy 1



HOW TO PLAY AMERICAN HAND BALL

BY
JAMES I. BROKAW
NEW YORK

AMERICAN SPORTS PUBLISHING CO.
21 Warren Street, New York



A. G. SPALDING & BROS.

MAINTAIN THEIR OWN HOUSES
FOR DISTRIBUTING THE

SPALDING COMPLETE LINE OF ATHLETIC GOODS

IN THE FOLLOWING CITIES



NEW YORK

Downtown—
124-128 Nassau St.
Uptown—520 Fifth Avenue
NEWARK, N. J.
559 Broad Street
PHILADELPHIA, PA.
1210 Chestnut Street
BOSTON, MASS.
74 Summer Street

PITTSBURGH, PA.

608 Wood Street
BUFFALO, N. Y.
611 Main Street
SYRACUSE, N. Y.
357 So. Warren Street

ROCHESTER, N. Y.

49 Clinton Ave., North
ALBANY, N. Y.
52 State Street
BALTIMORE, MD.
110 E. Baltimore St.

LONDON, ENGLAND

317, High Holborn, W. C.
78, Cheapside, E. C.
Three Stores
West End Branch
29, Haymarket, S. W.

LIVERPOOL

72, Lord Street
BIRMINGHAM, ENG.
New Street House

CHICAGO

28-30 So. Wabash Ave.
INDIANAPOLIS, IND.
136 N. Pennsylvania St.
CINCINNATI, O.
119 East Fifth Avenue
CLEVELAND, O.
741 Euclid Avenue
COLUMBUS, O.
191 South High Street

DETROIT, MICH.

121 Woodward Ave.
WASHINGTON, D. C.
613 14th Street, N.W.
LOUISVILLE, KY.
329 West Jefferson St.

ATLANTA, GA.

74 N. Broad Street
NEW ORLEANS, LA.
140 Carondelet Street
DALLAS, TEX.
1503 Commerce Street

MANCHESTER, ENG.

4, Oxford St. and
1, Lower Mosley St.

BRISTOL, ENG.

42, High Street

EDINBURGH, SCOT.

3 So. Charlotte St. (Cor. Princes St.)

GLASGOW, SCOTLAND
69 Buchanan Street

SAN FRANCISCO

166-168 Geary Street
SEATTLE, WASH.
711 Second Avenue
LOS ANGELES, CAL.
435 South Spring St.
PORTLAND, ORE.
345 Washington Street
SALT LAKE CITY, UTAH
27 E. 2nd South St.

ST. LOUIS, MO.

415 North Seventh St.
KANSAS CITY, MO.
1120 Grand Avenue
MILWAUKEE, WIS.
379 East Water Street

DENVER, COL.

622 Sixteenth Street
MINNEAPOLIS, MINN.
52 Seventh St., South
ST. PAUL, MINN.
356 Minnesota Street

MONTREAL, P. Q.

369-71 St. Catherine St. W.

TORONTO, ONT.

207 Yonge Street

SYDNEY, AUSTRALIA

204 Clarence Street

PARIS, FRANCE

35 Boulevard des Capucines
27 Rue Tronchet

Communications directed to A. G. SPALDING & BROS., at any of the above addresses, will receive prompt attention.



The Spalding Policy

DIRECT FROM FACTORY TO CONSUMERS THROUGH THE MEDIUM OF THE RETAIL DEALER

SPALDING ATHLETIC GOODS are on sale in stores located in practically every town of any size in the United States, and at our various stores, listed above. We prefer that you patronize your local dealer, but we will furnish our goods direct to consumers where they cannot be obtained or will not be furnished by the local dealer under the conditions named below.

PRICES ON SPALDING TRADE MARKED GOODS are based entirely upon the cost of manufacture, with a reasonable manufacturer's profit, and a reasonable profit to the retail dealer added. Sales are made at catalogue prices, except that for special orders by express or distant points, the retail dealer is justified in making a reasonable amount in excess of our catalogue prices to cover express and other charges.



THE SPALDING TRADE-MARK IS REGISTERED IN THE UNITED STATES PATENT OFFICE, AND WE HAVE ALSO PROTECTED OUR INTERESTS BY 39 REGISTRATIONS IN FOREIGN COUNTRIES. INFRINGERS ARE WARNED.



The Spalding Guarantee

WE GUARANTEE TO EACH PURCHASER OF an article bearing the SPALDING TRADE-MARK that such article will give satisfaction and a reasonable amount of service when used for the purpose for which it was intended and under ordinary conditions and fair treatment.

WE AGREE TO repair or replace, free of charge, any such article which proves defective in material or workmanship, where subjected to fair treatment. *Provided*, such defective article is returned to us, transportation prepaid, within thirty days after purchase (except where otherwise stipulated on special guarantee tag attached to certain articles) and accompanied by a letter from the user giving his name and address, and explaining the claim.



THE SPALDING TRADE MARK QUALITY AND SELLING POLICY

CONSTITUTE THE SOLID FOUNDATION OF THE SPALDING BUSINESS

SPALDING ATHLETIC LIBRARY

SPALDING OFFICIAL ANNUALS

- No. 1. SPALDING'S OFFICIAL BASE BALL GUIDE. . . . Price 10c.
No. 2. SPALDING'S OFFICIAL FOOT BALL GUIDE. . . . Price 10c.
No. 6. SPALDING'S OFFICIAL ICE HOCKEY GUIDE. . . . Price 10c.
No. 7. SPALDING'S OFFICIAL BASKET BALL GUIDE. . . . Price 10c.
No. 7A. SPALDING'S OFFICIAL WOMEN'S BASKET BALL GUIDE. Price 10c.
No. 9. SPALDING'S OFFICIAL INDOOR BASE BALL GUIDE. . Price 10c.
No. 12A. SPALDING'S OFFICIAL ATHLETIC RULES. . . . Price 10c.
No. 1R. SPALDING'S OFFICIAL ATHLETIC ALMANAC. . . . Price 25c.
No. 3R. SPALDING'S OFFICIAL GOLF GUIDE. Price 25c.
No. 55R. SPALDING'S OFFICIAL SOCCER FOOT BALL GUIDE. . Price 25c.
No. 57R. SPALDING'S OFFICIAL LAWN TENNIS ANNUAL. . . Price 25c.
No. 59R. SPALDING'S OFFICIAL BASE BALL RECORD. . . . Price 25c.
SPALDING'S INTERNATIONAL POLO GUIDE. . . . Price 50c.

Specially Bound Series of Athletic Handbooks

Flexible binding. Mailed postpaid on receipt of 50 cents each number.

- No. 501L. STROKES AND SCIENCE OF LAWN TENNIS
No. 502L. HOW TO PLAY GOLF
No. 503L. HOW TO PLAY FOOT BALL
No. 504L. ART OF SKATING
No. 505L. GET WELL—KEEP WELL
No. 506L. HOW TO LIVE 100 YEARS
No. 507L. HOW TO WRESTLE; TUMBLING FOR AMATEURS
No. 508L. PROFESSIONAL WRESTLING; JIU JITSU
No. 509L. BOXING; HOW TO PUNCH THE BAG
No. 510L. DUMB BELL EXERCISES
No. 511L. INDIAN CLUB EXERCISES; TENSING EXERCISES
No. 512L. SCIENTIFIC PHYSICAL TRAINING, CARE OF
BODY; 285 HEALTH ANSWERS
No. 513L. WINTER SPORTS
No. 514L. HOW TO BOWL
No. 515L. HOW TO SWIM
No. 516L. CHILDREN'S GAMES
No. 517L. TEN AND TWENTY MINUTE EXERCISES
No. 518L. HINTS ON HEALTH; HEALTH BY MUSCULAR
GYMNASTICS
No. 519L. SPALDING'S OFFICIAL BASE BALL GUIDE
No. 520L. SPALDING'S OFFICIAL FOOT BALL GUIDE
No. 521L. SPALDING'S OFFICIAL BASKET BALL GUIDE
No. 522L. HOW TO PLAY ICE HOCKEY; SPALDING'S OF-
FICIAL ICE HOCKEY GUIDE
No. 523L. HOW TO PLAY BASE BALL; HOW TO ORGANIZE
A LEAGUE; HOW TO MANAGE A TEAM, ETC.
No. 524L. SPALDING'S OFFICIAL LAWN TENNIS ANNUAL

In addition to above, any 25 cent "Red Cover" book listed in Spalding's Athletic Library will be bound in flexible binding for 50 cents each; or any two 10 cent "Green Cover" or "Blue Cover" books in one volume for 50 cents.

(Continued on the next page.)

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE

SPALDING ATHLETIC LIBRARY

Group I.

Base Ball

"Blue Cover" Series, each number 10c.
No. 1 Spalding's Official Base Ball Guide

- No. 202 How to Play Base Ball
- No. 219 Ready Reckoner of Base Ball
- No. 223 How to Bat [Percentages]
- No. 224 How to Play the Outfield
- No. 225 How to Play First Base
- No. 226 How to Play Second Base
- No. 227 How to Play Third Base
- No. 228 How to Play Shortstop
- No. 229 How to Catch
- No. 230 How to Pitch
- No. 232 How to Run Bases
- No. 350 How to Score
- No. 355 Minor League Base Ball Guide

- How to Organize a Base Ball League [Club]
- How to Organize a Base Ball How to Manage a Base Ball Club
- No. 231 How to Train a Base Ball Team
- How to Captain a Base Ball
- How to Umpire [Team]
- Technical Base Ball Terms
- No. 356 Official Book National League of Prof. Base Ball Clubs
- No. 9 Spalding's Official Indoor Base Ball Guide

"Red Cover" Series, each number 25c.
No. 59R. Official Base Ball Record (including College records)

Group II.

Foot Ball

"Blue Cover" Series, each number 10c.
No. 2 Spalding's Official Foot Ball

- No. 335 How to Play Rugby [Guide]
- No. 351 Official Rugby Guide
- No. 358 Official College Soccer Guide

"Red Cover" Series, each number 25c.

- No. 39R. How to Play Soccer.
- No. 47R. How to Play Foot Ball.
- No. 55R. Spalding's Official Soccer Foot Ball Guide.

Group III.

Tennis

"Blue Cover" Series, each number 10c.

- No. 157 How to Play Lawn Tennis
- "Green Cover" Series, each number 10c.*
No. 1P. How to Play Tennis—For Beginners. By P. A. Vaile.

"Red Cover" Series, each number 25c.
No. 2R. Strokes and Science of Lawn Tennis. [tralsia.]

- No. 42R. Davis Cup Contests in Aus-
- No. 57R. Spalding's Official Lawn Tennis Annual.

Group IV.

Golf

"Green Cover" Series, each number 10c.
No. 2P. How to Learn Golf.

"Red Cover" Series, each number 25c.
No. 3R. Spalding's Official Golf
No. 4R. How to Play Golf. [Guide.]

Group V.

Basket Ball

"Blue Cover" Series, each number 10c.
No. 7 Spalding's Official Basket Ball Guide

No. 7A Spalding's Official Women's Basket Ball Guide

No. 193 How to Play Basket Ball
"Red Cover" Series, each number 25c.
No. 58R. Official Collegiate Basket Ball Handbook.

Group VI. Skating and Winter Sports

"Blue Cover" Series, each number 10c.
No. 6 Spalding's Official Ice Hockey
No. 14 Curling [Guide]
No. 209 How to Become a Skater

"Red Cover" Series, each number 25c.
No. 8R. The Art of Skating.
No. 20R. How to Play Ice Hockey.
No. 28R. Winter Sports.

Group VII. Field and Track Athletics

"Blue Cover" Series, each number 10c.
No. 12A Spalding's Official Athletic Rules

- No. 27 College Athletics
- No. 55 Official Sporting Rules
- No. 87 Athletic Primer
- No. 156 Athletes' Guide
- No. 178 How to Train for Bicycling
- No. 182 All Around Athletics
- No. 255 How to Run 100 Yards
- No. 259 How to Become a Weight Thrower
- No. 302 Y. M. C. A. Official Handbook
- No. 317 Marathon Running
- No. 342 Walking for Health and Competition

"Green Cover" Series, each number 10c.
No. 3P. How to Become an Athlete. By James E. Sullivan.

No. 4P. How to Sprint.
"Red Cover" Series, each number 25c.
No. 1R. Spalding's Official Athletic Almanac. [1912.]

- No. 17R. Olympic Games, Stockholm.
- No. 45R. Intercollegiate Official Handbook. [Running.]
- No. 48R. Distance and Cross Country

(Continued on the next page.)

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE

SPALDING ATHLETIC LIBRARY

Group VIII. School Athletics

- "Blue Cover" Series, each number 10c.*
 No. 246 Athletic Training for School-boys
 No. 313 Public Schools Athletic League Official Handbook
 No. 331 Schoolyard Athletics
"Red Cover" Series, each number 25c.
 No. 61R. School Tactics and Maze Running; Children's Games.

Group IX. Water Sports

- "Blue Cover" Series, each number 10c.*
 No. 128 How to Row
 No. 129 Water Polo
"Red Cover" Series, each number 25c.
 No. 36R. Speed Swimming.
 No. 37R. How to Swim.
 No. 60R. Canoeing and Camping.

Group X. Athletic Games for Women and Girls

- "Blue Cover" Series, each number 10c.*
 No. 314 Girls' Athletics
"Red Cover" Series, each number 25c.
 No. 38R. Field Hockey.
 No. 41R. Newcomb.

Group XI. Lawn and Field Games

- "Blue Cover" Series, each number 10c.*
 No. 167 Quoits
 No. 170 Push Ball
 No. 180 Ring Hockey
 No. 199 Equestrian Polo
 No. 201 How to Play Lacrosse
 No. 207 Lawn Bowls
"Red Cover" Series, each number, 25c.
 No. 6R. Cricket, and How to Play It.

Group XII. Miscellaneous Games

- "Blue Cover" Series, each number 10c.*
 No. 13 Hand Ball
 No. 282 Roller Skating Guide
"Red Cover" Series, each number 25c.
 No. 43R. Archery, Roque, Croquet, English Croquet, Lawn Hockey, Tether Ball, Clock Golf, Golf-Croquet, Hand Tennis, Hand Polo, Wicket Polo, Badminton, Drawing Room Hockey, Garden Hockey, Basket Goal, Volley Ball and Pin Ball.
 No. 49R. - How to Bowl.
 No. 50R. Court Games.

Group XIII. Manly Sports

- "Blue Cover" Series, each number 10c.*
 No. 191 How to Punch the Bag

- "Red Cover" Series, each number 25c.*
 No. 11R. Fencing Foil Work Illus.
 No. 18R. Wrestling. [trated.
 No. 19R. Professional Wrestling.
 No. 21R. Jiu Jitsu.
 No. 22R. Indian Clubs and Dumb Bells and Pulley Weights.
 No. 24R. Dumb Bell Exercises.
 No. 25R. Boxing.
 No. 30R. The Art of Fencing.
 No. 44R. How to Wrestle.
 No. 56R. Tumbling for Amateurs and Ground Tumbling.

Group XIV. Calisthenics

- "Blue Cover" Series, each number 10c.*
 No. 214 Graded Calisthenics and Dumb Bell Drills
"Red Cover" Series, each number 25c.
 No. 10R. Single Stick Drill.
 No. 16R. Team Wand Drill.
 No. 27R. Calisthenic Drills and Fancy Marching for Class Room.

Group XV. Gymnastics

- "Blue Cover" Series, each number 10c.*
 No. 124 How to Become a Gymnast
 No. 254 Barnjum Bar Bell Drill
 No. 287 Fancy Dumb Bell and Marching Drills
"Red Cover" Series, each number 25c.
 No. 12R. Exercises on the Side Horse.
 No. 13R. Horizontal Bar Exercises.
 No. 14R. Trapeze, Long Horse and Rope Exercises. [Rings.
 No. 15R. Exercises on the Flying
 No. 34R. Grading of Gym. Exercises.
 No. 35R. Exercises on Parallel Bars.
 No. 40R. Indoor and Outdoor Gymnastic Games.
 No. 52R. Pyramid Building, with Wands, Chairs and Ladders

Group XVI. Home Exercising

- "Blue Cover" Series, each number 10c.*
 No. 149 Scientific Physical Training and Care of the Body
 No. 161 Ten Minutes' Exercise for No. 185 Hints on Health [Busy Men
 No. 238 Muscle Building [nastics.
 No. 285 Health by Muscular Gym-
 No. 325 Twenty-Minute Exercises
"Red Cover" Series, each number 25c.
 No. 7R. Physical Training Simplified.
 No. 9R. How to Live 100 Years.
 No. 23R. Get Well; Keep Well.
 No. 32R. Physical Training for the School and Class Room.
 No. 33R. Tensing Exercises.
 No. 51R. 285 Health Answers.
 No. 54R. Medicine Ball Exercises.
 Indigestion Treated by Gymnastics,
 Physical Education and Hygiene.
 INTERNATIONAL POLO GUIDE. . 50c.

ANY OF THE ABOVE BOOKS MAILED POSTPAID UPON RECEIPT OF PRICE



JAMES I. BROKAW.

SPALDING'S ATHLETIC LIBRARY
No. 13. GROUP XII.

HOW TO PLAY AMERICAN HAND BALL

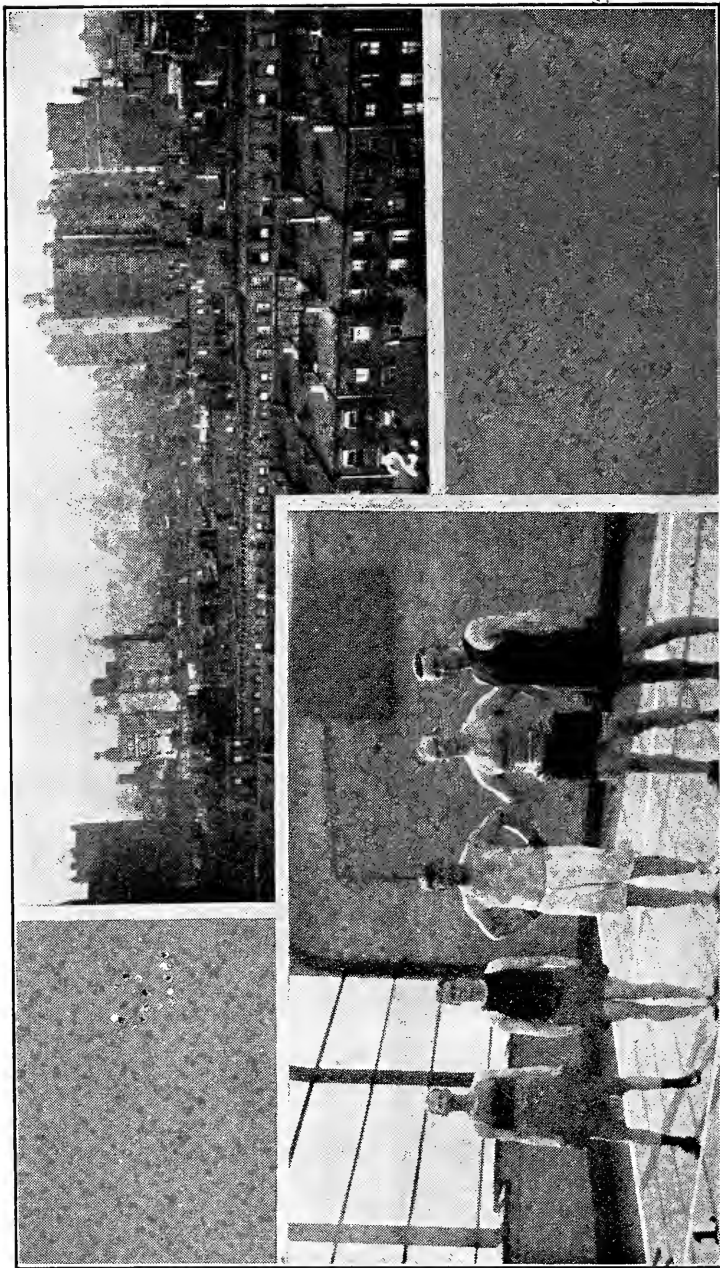
A technical treatise of the modern game, fully illustrated and showing the correct court. It contains the rules, gives a careful analysis of different styles of play, describes how to construct and maintain indoor, outdoor and roof courts, etc., etc.

By
JAMES I. BROKAW
NEW YORK

PUBLISHED BY
AMERICAN SPORTS PUBLISHING
COMPANY
21 WARREN STREET, NEW YORK

Copyright, 1915, by American Sports Publishing Company.

GV1011
H2B7



"IN THE CLOUDS,"
1, American hand ball court on the roof of a sky-scraper in New York City. 2, View obtained from the court.

© Cl.A420121

\$0.10

DEC 18 1915

no. 11

Introduction

Mr. F. R. J. 12.16.
All authorities agree that the human animal requires at least one hour of vigorous exercise in every twenty-four, or two hours a day, three days per week; and for some, one whole day in each week; but the first is the best method. The theory of all this is that physical activity expedites the ordinary process of elimination of poisons from the system as well as moving any food not assimilated but remaining in the intestinal canal, enabling nature to strike a legal balance between intake and output, and restores our physical equilibrium. However doubtful the theory, the results from exercise are sure. The visual proofs are found in a handsome face and figure and a splendid carriage, while the mind is cleared and the efficiency of all the mental processes improved to a marked degree—surely a desirable thing. It is a very old theory and a very popular one because of its extreme simplicity. What we can see and feel must be very nearly a fact; that which can be demonstrated to all will be accepted by all; where it can be shown that men, irrespective of age, can, by pursuing a given line of conduct, obtain a particularly desirable result, and the same result in all cases, we are getting very close to a certainty. It is this simple, clear cut fact that explains the increased popularity of athletics in an age marked by the greatest progress in general education. We actually “know” so very little about ourselves that we are eternally grasping any and every thing that seems to promise more knowledge of how to live healthily, and only too often are the victims of fakes and fakers. Actual, knowable, understandable facts about the human body are harder to get than money. Exercise will do all that is claimed for it if the subject is introduced to it properly. Unfortunately, many men and women suffer all their lives just because they failed to get started right, when exercise of the proper kind would have spared them untold misery.

A man is feeling mean, slow and sloppy, can't talk brightly or collect his thoughts properly the way he knows he is capable of

thinking and talking; he is not sick a-bed, but he has lost from ten to fifty per cent. of his efficiency and does not know why. The usual course is to consult a doctor, which should be the correct course; if the doctor is at all up to date he tells the patient, "Why, my dear fellow, you are not sick; all you need is regular exercise and you will be all right in a week." The only benefit the patient will get from this kind of advice is from the effect it may produce in his mind by allaying fears of being seriously ill. By "regular exercise" the doctor no doubt meant walking or some other isolated effort that no man can or will keep up for any length of time. The doctor should have given the patient proper medicine to clear out the intestinal canal and then advised him to go and exercise with other men; not under any circumstances alone. The medicine would have been ten times as effective and the patient would have kept up the exercise and, happy, would have gladly paid the doctor for his knowledge and complimented him for horse sense, too; instead they usually think the doctor is stealing their money.

As to regular exercise: Can we have it? Do we want it? Is it desirable? Absolutely not. Regularity to most minds suggests monotony, and between monotony and intelligence there is an eternal conflict. The nearer a human animal approaches perfect regularity in his daily existence, the less intelligence he is found to possess. Those primitive peoples that want little put forth but little effort to get it and their lives are fairly regular; the want, the desire, for more comforts or pleasures was the beginning of our complicated business structure and caused the advance in civilization. It is a common saying that the more we get the more we want. We should not apologize for that, for it is a clear indication that we are a coming people. When all our wants are satisfied, instead of being completely happy, we shall be decadent and some other stronger race will overrun us. The more diversified our life becomes, the more attractive it is and the less we can perceive of regularity in it.

No intelligent animal can be regular in anything for a few weeks without loss of mental efficiency. Exercise is a waste of

time if it will not increase efficiency. It will always do this if sufficiently diversified (irregular); regularity is unattractive, diversity is attractive. Men play all kinds of games from checkers to pitching quoits because the possibility is always present of working out new conditions and combinations. Once a man takes up a game, he will always return to it, unless through some peculiar physical or mental deficiency he is unable to acquire any skill at it. Start him at some isolated form of exercise and he will quit ninety-nine times out of a hundred and it will be doubly hard to get him to start the second time.

Walking, except for the extremely fat, is a poor exercise, because it affects one only from the hips down. Great runners and bicycle riders are wonderfully developed from the hips down, but above the hips there is little or no development and experience proves they are just as vulnerable to any serious disease as those that never took any particular exercise. No effort to speak of is required to walk, except for the extremely fat, and the fat man does not need exercise except, for artistic reasons, he may wish to reduce the amount of fat he carries, which at a certain point becomes a burden to him. Fat people always enjoy perfect digestion or they could not be fat; they have no feeling of weakness or soreness in the region of the stomach or solar plexus; they may be placed under the most exciting circumstances; you may load them down with responsibilities and there is no apparent change in their physical or mental health. We are forced to believe that the fat people are the result of a perfect pre-natal condition and a home environment of even-tempered people during the growing period. Nature is very kind to the fat. All others have an imperfect digestive function in some degree and millions of them don't know it. Many will end their lives without knowing it. Most of us have lost from ten to fifty per cent. of our total possible efficiency and in nearly every instance the cause is imperfect digestion; the differences are differences in degree merely. After observing many thousands, the writer is of the opinion that most men conduct their business daily with a

capacity not more than sixty per cent. of their total efficiency. It is rare, indeed, to find a man anywhere near one hundred per cent. efficient. Very many boys of twelve to sixteen years of age have only fifty per cent. of their total natural efficiency.

In the race of life, practically all start from "scratch"; just beyond scratch they commence to drop out. Many causes are ascribed; but, really, people die because they don't know how to live. There is absolutely no sensible reason why people could not live indefinitely "if" they only knew how. From infancy we grow up, continually active (exercising), but there comes a time at some moment of our lives (some in boyhood, others in full maturity) when we commence to diminish our physical efforts, in many cases from choice; in many others without choice and superinduced by vocation. At that moment we commence to die. Diminished activity produces a sluggish liver and poor blood, gradually producing hardening of the arteries. These conditions always accompany disordered digestive function, the first result of inactivity and improper living. Most people go their way quite a while, never thinking a change has taken place in their general health; then something happens. It may be some trouble, or it may be additional responsibility thrust upon them, or it might be any one of a thousand circumstances calling for more energy, and the call is answered by a feeling of great weakness in the region of the stomach and it cannot be thrown off by any mental effort of the strongest mind. Every effort we make to do anything important, excluding the things we do automatically, seems to draw on this region of the stomach or solar plexus, and when there is no reserve there, we must quit, for we have nothing to go on with; a man is as strong as his solar plexus. Most business men enjoy what they are pleased to call "good health," but let some little added strain or some disease strike them, and they go down and out like a ton of brick; they don't know what good health is. No man who drinks whiskey regularly can be in good health, one hundred per cent. efficient; it isn't possible. Some people live to a hundred years of age, but such cases are accidents, not the result of any

method. Many people go along about their business, taking health, like the sunshine, for granted, until they commence to slip back; they cannot keep up with the rush; then they take notice, but it is often too late, for they are a long way on the road of misery and death and it is not easy to bring them back. In such a condition, they are vulnerable to attack of any of the serious maladies. A perfectly healthy person would not be stricken with pneumonia, typhoid or smallpox, because the germs of those diseases would be destroyed as soon as they entered the blood stream of a healthy body.

There are many schools of medicine; there are many theories of practice, but it is mighty hard to prove any of them; at least, to the satisfaction of the layman.

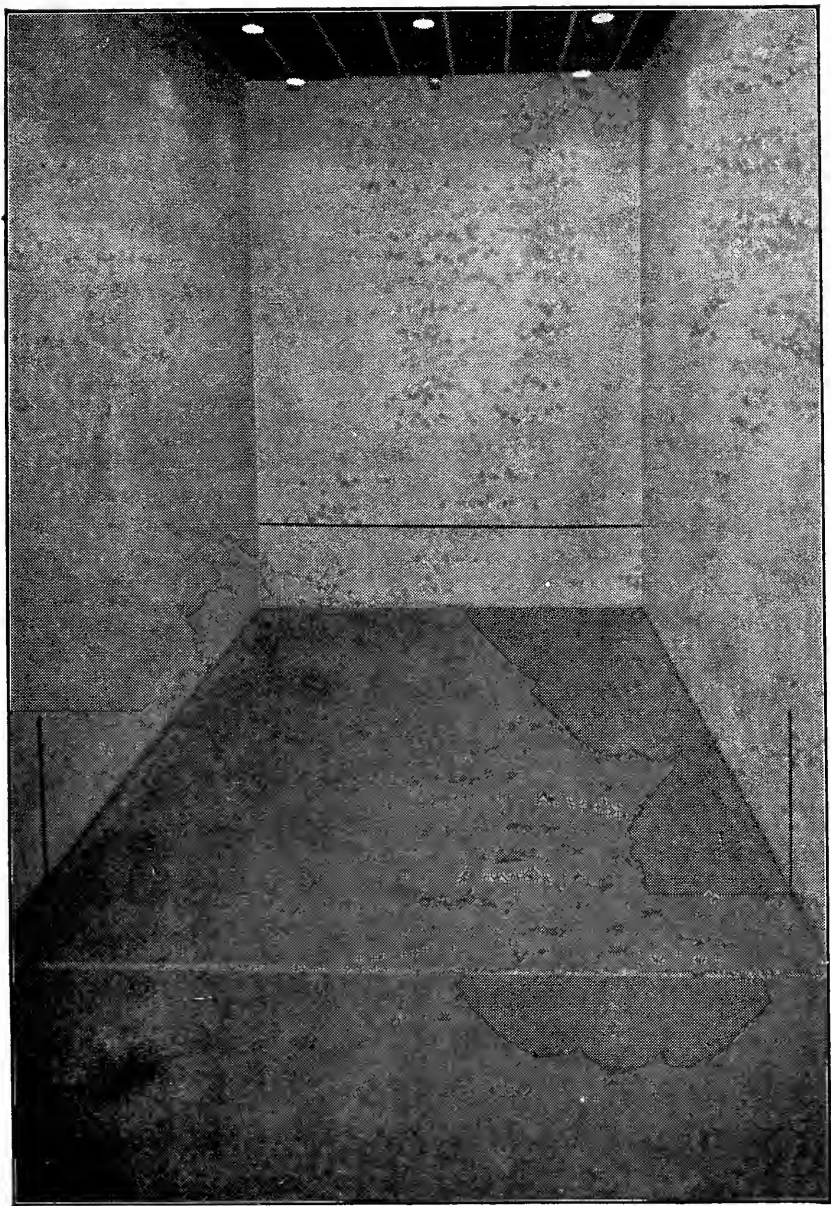
There is one thing, however, that can be proven beyond a reasonable doubt to any mind and that is the results of exercise, and the value of those results.

If we lift weights daily for a week, we can lift heavier weights at the end of the week than when we started. If we run a mile every day for a week, we can then run a good deal more than a mile or run the mile with much less effort than when we commenced running; we are stronger and we know it. This increased strength is reflected in our every act, including thinking and talking; the results are positive. How many other ways of gaining strength can we point to that are positive? If we, by effort, create a demand for strength, nature is always ready to supply it. If we don't use our strength, we soon lose it. Exercise to be even temporarily beneficial must be primarily from the hips up, for only such exercise will directly affect the region of the stomach or solar plexus, as the nerve centers there seem to control our every thought and action.

The only attraction of whiskey is that it creates a feeling very similar to the effects of physical exercise in those who drink it. This feeling does not last long, and there is a very unpleasant, unhealthy reaction, while exercise produces a stronger sensation, that lasts much longer, and without any reaction whatever. If exercise can be made readily available

and attractive to the whiskey drinker, he will give up the whiskey nine times out of ten, for in drinking it he is merely trying to get the effects of exercise by a short cut.

Physical exercise for people generally must make its appeal to nature's law of competition; the mind must be interested first of all and the physiologist must follow the direction of the psychologist, and the latter must take the initiative in all matters athletic. The purely physical must be subordinated to the purely intellectual. Entirely aside from the physical and incidental mental benefits derived from the exercise, the mind must receive an independent pleasure or satisfaction from the participation in such exercise or the subject will not continue and the exercise fails of its great purpose through the misdirection of its advocates and promoters. It is with that thought in mind that we have tried to introduce in this book the game of American hand ball, which supplies all the elements inseparable from keen competition; affords incidental physical exercise of the most diversified kind and possesses the very important feature: that it can be made available where no other game can be played and at a minimum of expense.



ONE OF THE SPLENDID HAND BALL COURTS OF THE ILLINOIS ATHLETIC CLUB, CHICAGO, J. T. MAHAN, PHYSICAL DIRECTOR.

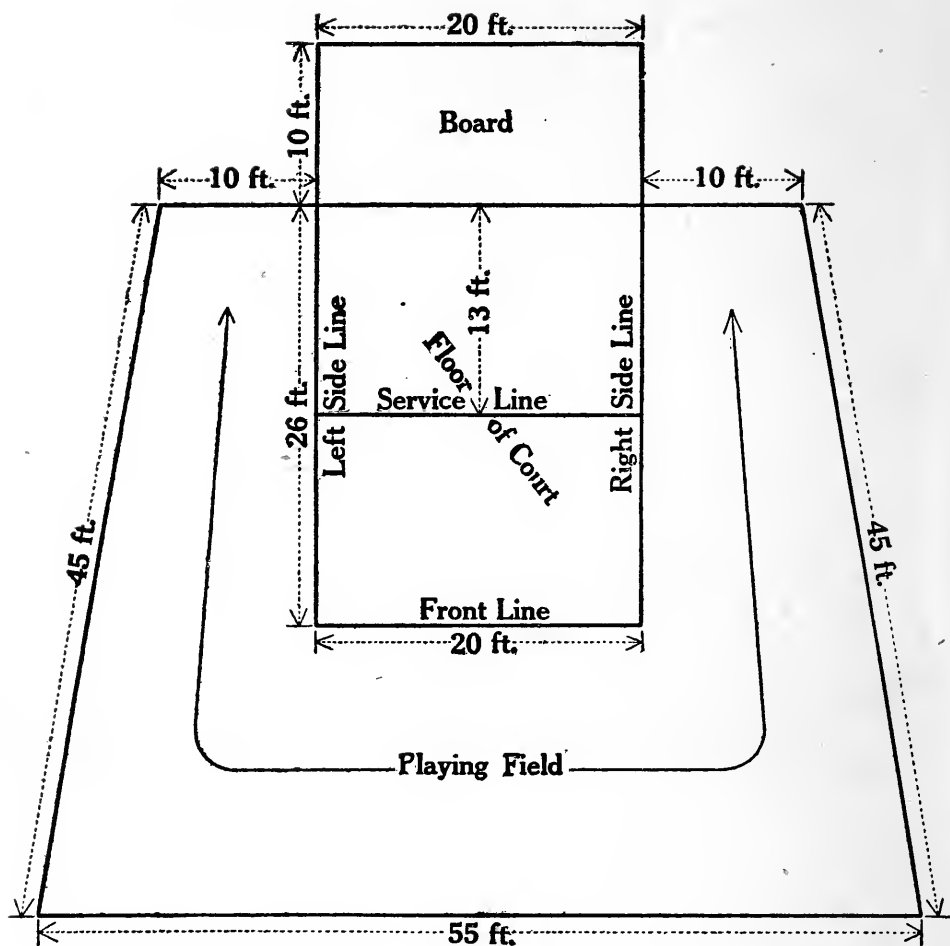


FIGURE 1.

PLAN OF AN AMERICAN HAND BALL COURT

The Court and Field

FIGURE 1

American Hand Ball, like many of our sports, is an evolution of another game; it has grown out of Irish (four-wall) Hand Ball, Cuban Hand Ball and Squash Tennis, and Americanized into a very fast scientific sport, especially adapted to cities where area or floor space is very expensive and consequently not available for other sports. The game retains some of the features of the three games mentioned, but by adding numerous ideas of local origin and by improving the court, the gloves, and the ball, and by shifting the lines, increasing or decreasing the size of the court, a court has been evolved that gives the defense an equal chance with the offense and still supplies plenty of action; and by developing a proper color scheme of the court and immediate vicinity, including correct lighting of indoor courts, the game has been brought to a high degree of perfection, and where players have equal mechanical ability and are equally fast, becomes a battle of wits as well as a physical contest, and this seems to be the American idea of what a sport should be.

Different sized courts are a bad thing for the game and should be corrected at once. A court that is too wide gives too much advantage to the offensive or serving side; while a court that is too narrow gives an unfair advantage to the defense. A court that is too long merely serves to slow down the game, taking much of the action out of it, which is one of the chief attractions.

The correct court should keep the player in action all of the time, in both doubles and singles, and at the same time give each side an equal chance to score a point or a putout.

The service line should be placed so no player, through some peculiar natural ability resident in him, could acquire a serve which would (without skill in any other department of the game) enable him to win. The correct court, as shown in

Figure 1, makes this impossible, for every serve or other shot can be returned if the player is judging his opponent correctly, and wherever this court is used interest in the game and the quality of the play has improved immensely. Any man or boy can become sufficiently good at American hand ball in a short time to get a lot of fun out of it; but to be a star player requires one to start to play when young and keep at it. Plenty of energy; be able to think quickly; get speed on the ball and control with either hand, for it is a two-handed game; fast on one's feet—these are the requirements of the game. No player can become good if he can score with one hand only. The left or less dexterous hand will readily respond to practice and become ninety per cent. as effective as the right. To be able to put great speed on the ball with either hand is a powerful asset; in singles seventy-five per cent. and in doubles ninety per cent. of the shots and returns must be fast or lose much of their effectiveness.

Speed, however, is not all. If the player with speed is wild and cannot control the ball (a common fault), the one with fine control, though with little speed, will win out nine times out of ten. Those players that are able to get great speed on the ball are prone to use it upon all possible occasions, because there is a fascination in seeing the ball travel swiftly, also in knowing your opponent is going to have trouble in getting it back to the board. To be able to put speed on the ball is usually natural, whereas skill in placing must be acquired. A player who from the start finds he can put unusual speed on the ball should cut down the speed and confine his practice to placing the ball, for he won't lose his speed, and after he has secured control his speed will be a fine thing to add to his game. After the speed and the mechanical skill in placing come the intellectual side of the game, which is the most interesting.

The theory is to put the ball where your opponent isn't; put it where he is, but is unable to handle it; bluffing him into the belief you are going to put it in a particular place and then make a different play; anticipating a play, by taking a position

where you believe your opponent is going to place it, thereby being ready to make your own play to better advantage. When a player is able to judge his opponent's play a slight fraction of a second in advance of the actual play, he will, other things being equal, win every time.

All classes of players of all degrees of skill should make as few preliminary motions as possible before meeting the ball, for it is these initial motions that give the alert mind the direction the ball is going to take. One should try to make as many shots and serves as possible with one set of preliminary motions, thus keeping one's opponent guessing as long as possible and delaying his start to cover the point threatened.

In serving the ball, the writer uses fourteen different serves regularly, half of which he can deliver with one set of motions, and there are others which he is unable to use. It is always a strong factor to hurry one's opponent; don't give him time to steady himself; keep rushing him in his returns; compel him to make errors. If you cannot place the ball yourself to score, don't give him the time to do so; make him travel after every ball and keep him traveling until you work him into a tight place where you can make a scoring shot. It is this rushing—hurrying by both sides—that cause the "rallies," those very exciting periods when the ball is constantly returned without either side being able to create a situation that would permit them to score.

The time necessary to get into position and steady oneself to place the ball varies much with different players, but all require some time, and, in the absence of errors, the more this element of time is limited by both sides, the closer and faster the game will be and the more exciting.

How to Play the Game

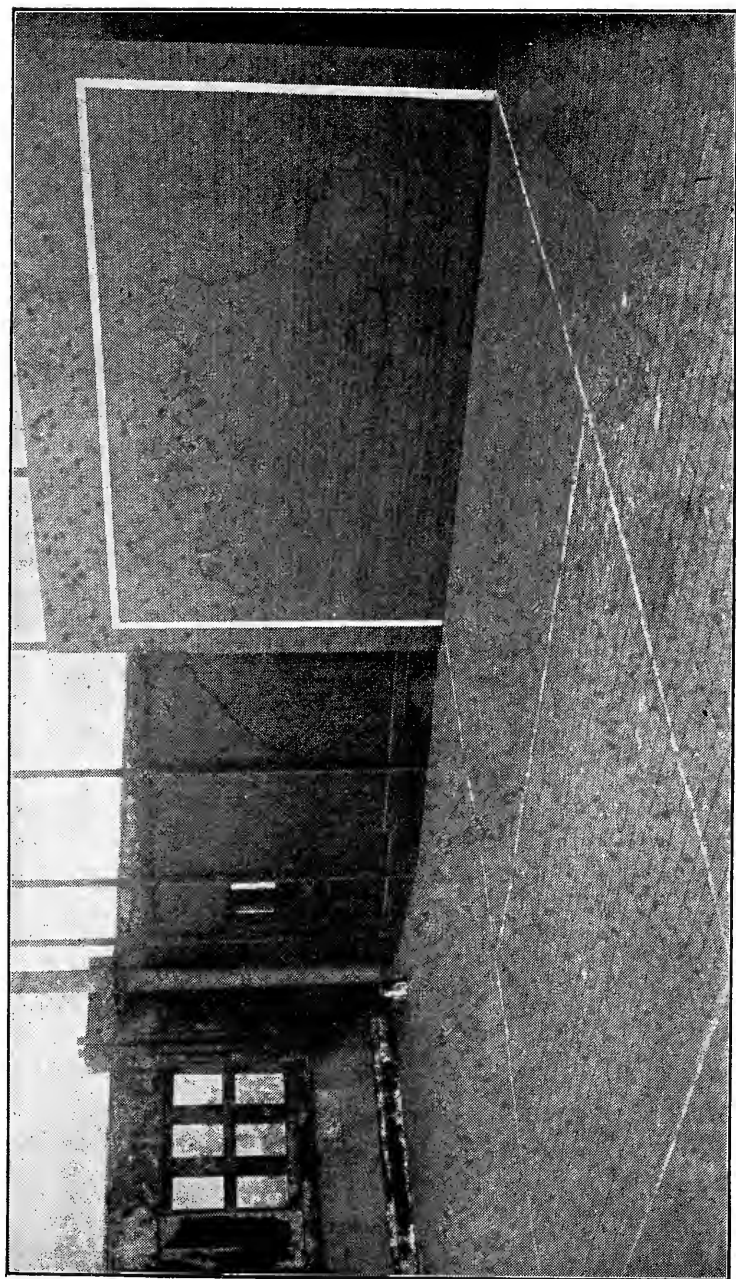
THE OFFENSIVE

The "offensive" side of American Hand Ball is nominally with that side holding the serve, because only the server's side can score points and because the serving side should take greater chances to score, for failure only means losing the serve to the defensive side and that side should go right in and take the same chances, and if they don't they will never get anywhere in this game, for winning by default (your opponent's errors) is not very brilliant sportsmanship.

Most players are better defensively than offensively, because it is much easier to merely return the ball without special direction than it is to try to place every return with intent to score, or at least embarrass your opponent, which the offensive side must do. To place the ball at all requires one to get into at least a fair position to meet the oncoming ball, for being out of position, or not having sufficient time to get into any position, means an advantage to the other side.

As the serve is the commencement of hostilities, we will consider that first, as it is very important. An effective serve is one that prevents the defensive player from putting out the server or seriously embarrassing him on the first return. A good assortment of serves is better than one, no matter how effective the one may be, for with ten or more different and well-controlled serves there is always variety of style and something in reserve; but with one, even extraordinary, serve, the owner of it is lost just as soon as some one finds a good defense for it. The serve should always be made from a point as close to the board as the rules allow, which is the service line, because this shortens the time that the ball is in transit to the server's opponent and to that extent limits his ability to place it.

The right-handed player should stand on the left side of the

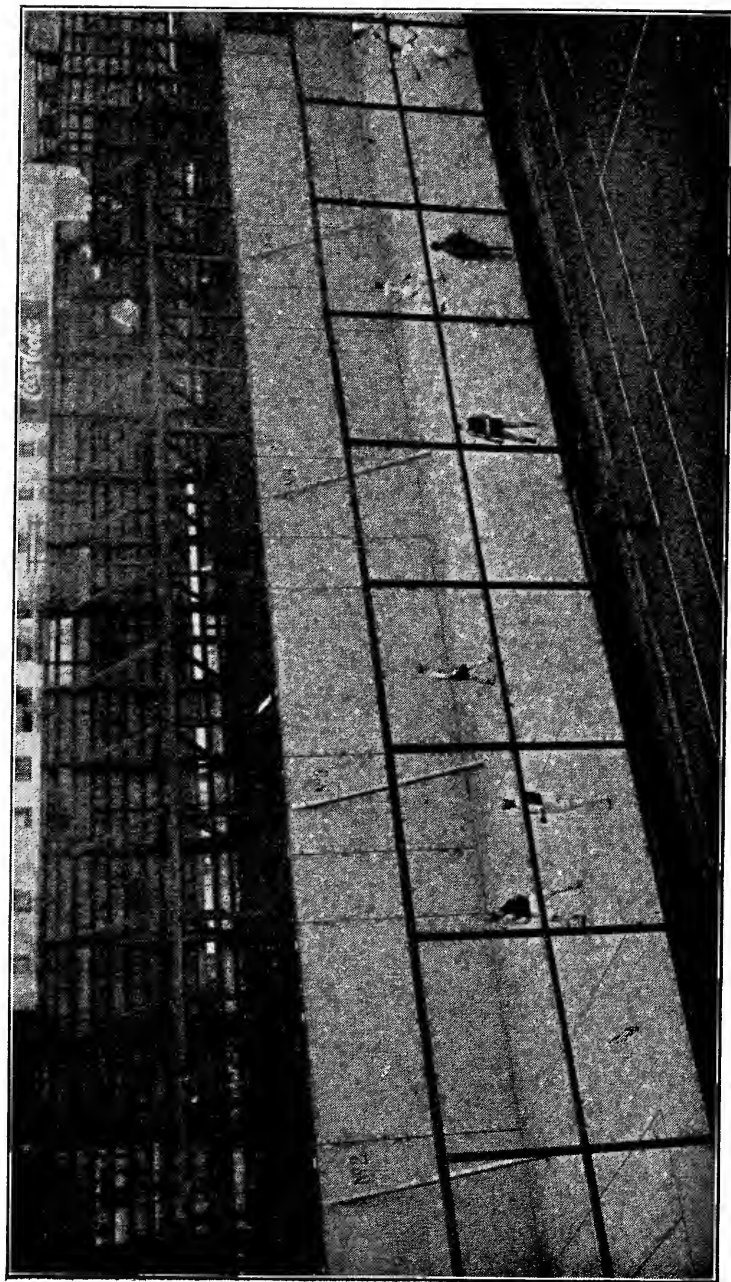


AMERICAN HAND BALL COURT ON THE ROOF OF THE NEW YORK ATHLETIC CLUB.

court, with the left foot on the side line, the right foot about eighteen inches away from the line; from this position he should be able to make all his serves; also, he can note the position of his opponents, observe whether they are on their toes or are careless, flat-footed, leaning in the wrong direction, or showing signs of fatigue, all of which should govern his action, and he can do this for the longest possible time from this correct position of serving the ball.

The server should drop the ball to the floor so that it will bounce just as high as he wants it to, or he may throw it to the floor, making it bounce high and serve it when it has fallen to the point that suits his purpose. As soon as the ball has left the server's hand he must give his attention to his opponent, to see if the serve was a success; if opponent is unable to return it effectively and, if so, see from the preliminary motions of opponent where the ball is going, and this, if possible, before the ball has actually left opponent's hand and then get into position to make an effective shot. If, however, the first return is so good that it will not permit the serving side to try a scoring shot, the offensive side must make a defensive shot that will prevent the defensive side from making a shot, and these general tactics must be continued until one side is able to bring about a condition that makes scoring possible.

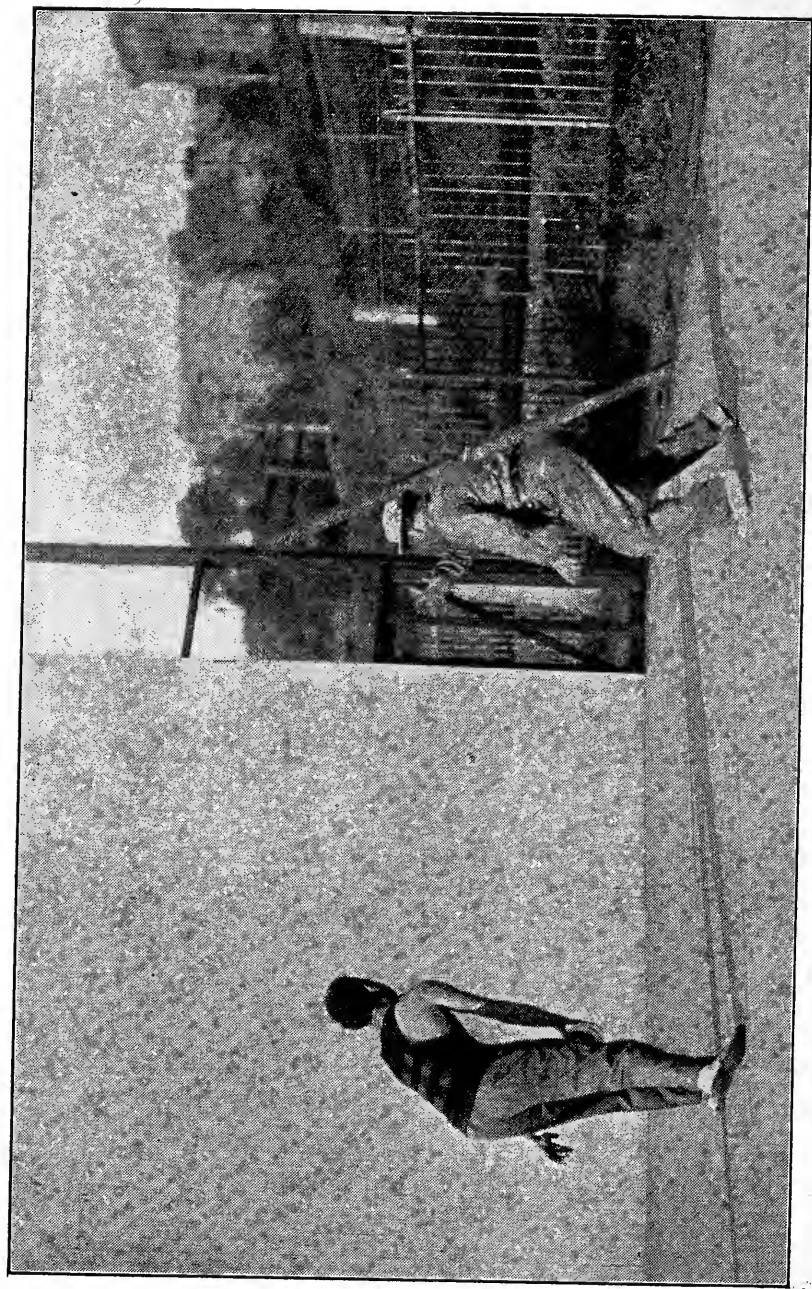
With a good serve, it is nearly impossible to put out the server with the first return. It is, however, possible for the server to score on the first return several times during a game, but the real generalship of the game commences after the first return. The constant starting, stopping and changing of direction in one's course, the "rapid fire" action of a very fast ball coming at one from all sorts of angles, leaving so little time in which to think, and the knowledge always in mind that the slightest mistake in attitude or the merest imperfection in a glove may deflect that little ball anywhere but where you want it to go, creates a situation very wearing on the best trained and strongest of men. Only under such conditions, however, can the skill of the game be brought out to the highest degree.



A SERIES OF AMERICAN HAND BALL COURTS OUT OF DOORS, NEW YORK CITY

There are several serves that may be used in singles that cannot be used in doubles, because of there being two defensive men. A server in doubles should only use those serves of which he has the finest control, for at best he can only slightly inconvenience his opponents, and his only aim should be to avoid getting into a hole on the first return, after which scoring must be planned. One principle of play is for the offensive side to place their returns so as to draw both opponents to one side of the court, thereby making an opening to score on the side of the court uncovered; by driving one opponent out of either side of the court with angle returns, thus exposing the center to a possible scoring shot, which may be a short or a long fast or slow drive, according to the whereabouts of the other opponent; by making high and long drives, which take the opponents far from the board, and awaiting a favorable opportunity to make a long low shot with intent to score, which shot should be followed up, but the start to follow up should not be made until the particular opponent going after the ball has started. Allow him to keep slightly in advance of you, so he will not know you are there, and be prepared, if he should get the ball, to make a hard drive right at him, for having traveled very fast, with his whole weight leaning heavily toward the board, he is in a weak position to handle a fast ball, with no time to get into position. But if by good fortune he does handle the hard drive, the next drive should be at his partner, who by this time is becoming concerned about his team mate and is probably edging over to help him out, leaving part of his own territory uncovered. It is only a chance, but the offensive side must take chances, and this is a good chance, if not used too often. The unexpected is difficult to guard against.

Where a return is slow or comes off the board in a manner to give the one receiving it plenty of time to get into position, a bluff position should be taken up at first, which will cause the opposition to alter their positions, and, after waiting as long as possible, change your play to conform to the new attitude of your opponents and your play, if well executed, should be more effective.



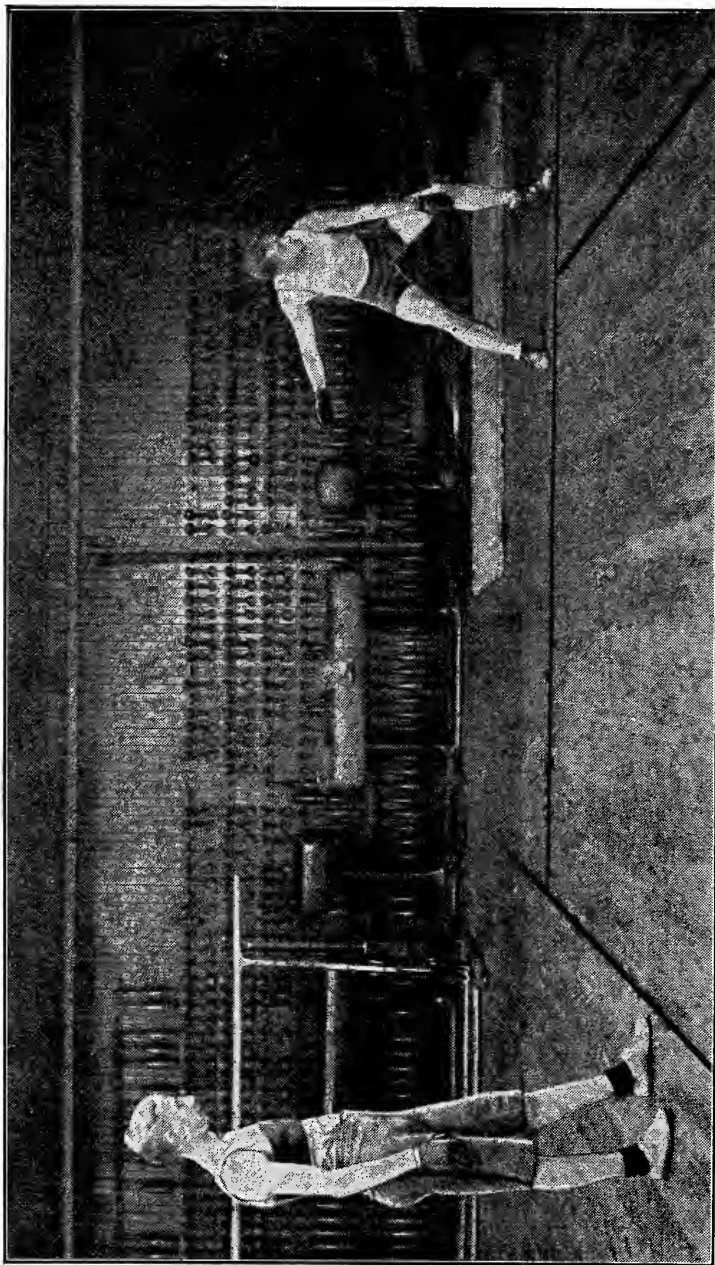
SUBURBAN AMERICAN HAND BALL COURT. FATHER DUGGAN AND PARTNER.

Where the ball takes an unexpected high bound—perhaps the result of a glancing blow falls slowly—deliberately take up a position to make a certain play, knowing both opponents are watching you, and after the ball has fallen to the point that suits your purpose, make an entirely different play from that by your preliminary motions you led your opponent to believe you were going to make.

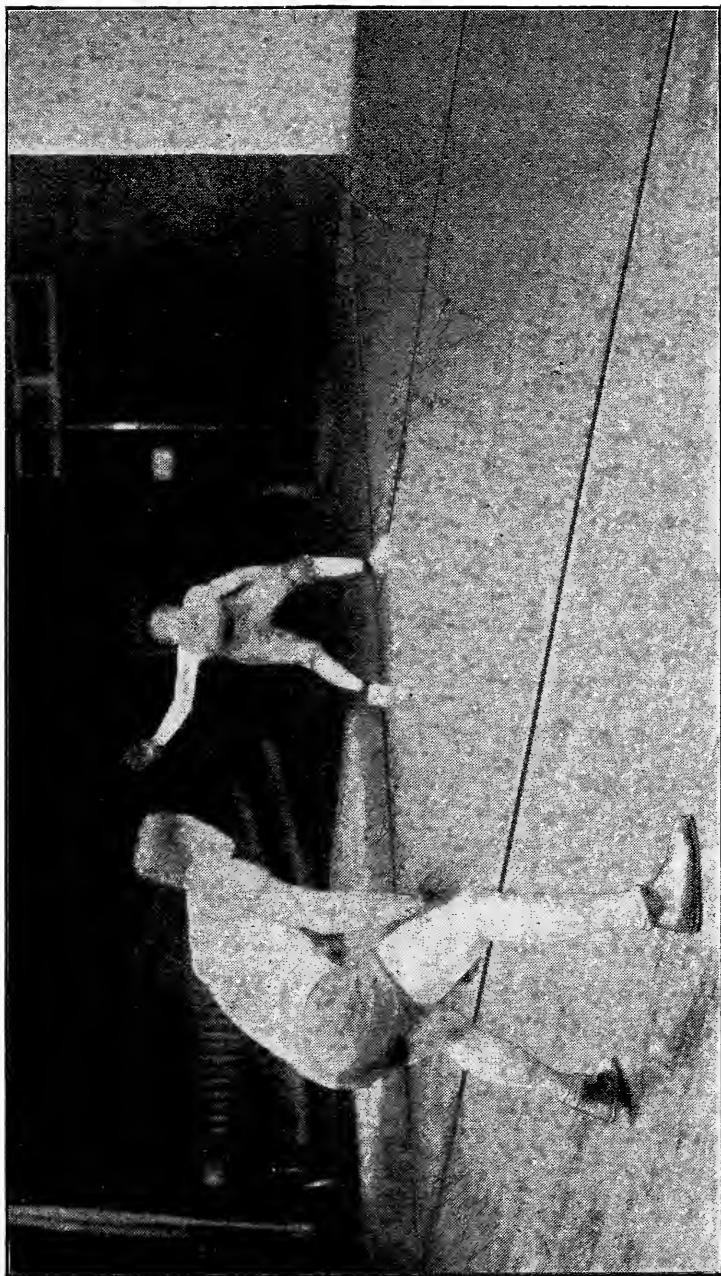
If one of your opponents should be weak on certain kinds of balls (every one is weak in some manner or degree), it is desirable for both players to concentrate their returns on him for a time, and if he stands up under this pounding—very few can—sooner or later his partner is certain to come to his assistance, when your opportunity is open to score; but it must be watched for all the time, for such opportunities don't remain open for more than a fraction of a second.

The most important single feature in doubles is to know where your opponents are—that is, their exact position in the court—before making your play, for every play is governed by this consideration. If you find yourself in front of your opponent, make a hard drive in front of yourself or your partner, so as to bring your opponent into view; or, make a high, long, slow drive, and while the ball is in the air you can turn and see your opponent and get his purpose. Under no circumstance look back after a ball that is being played, for if struck in the eye, it would ruin the sight.

Another feature in doubles is to draw in towards the center of the court occasionally, leaving about three or four feet between yourself and a side line, making an opening for your opponent to attempt to score and, while appearing indifferent, always watching this uncovered spot. If your opponent eagerly seizes this chance (they usually do), you are prepared to surprise him, get his shot and make yours in the same place, which is very disconcerting; also, he, in his zeal to take advantage of your apparent carelessness, may put the ball out of the court, for, as will be seen, this shot must be very close to the line to be even moderately effective, and its value is chiefly in tempting your



Above photo shows the wrong way to receive the serve; weight all on one foot; muscles relaxed; arms hanging loose. Very bad; in such a position a player is easy for a clever server.



Above photo shows the correct way to receive the serve; every muscle drawn tight; legs apart; hands ready; weight of body under full command; ready to start in any direction.



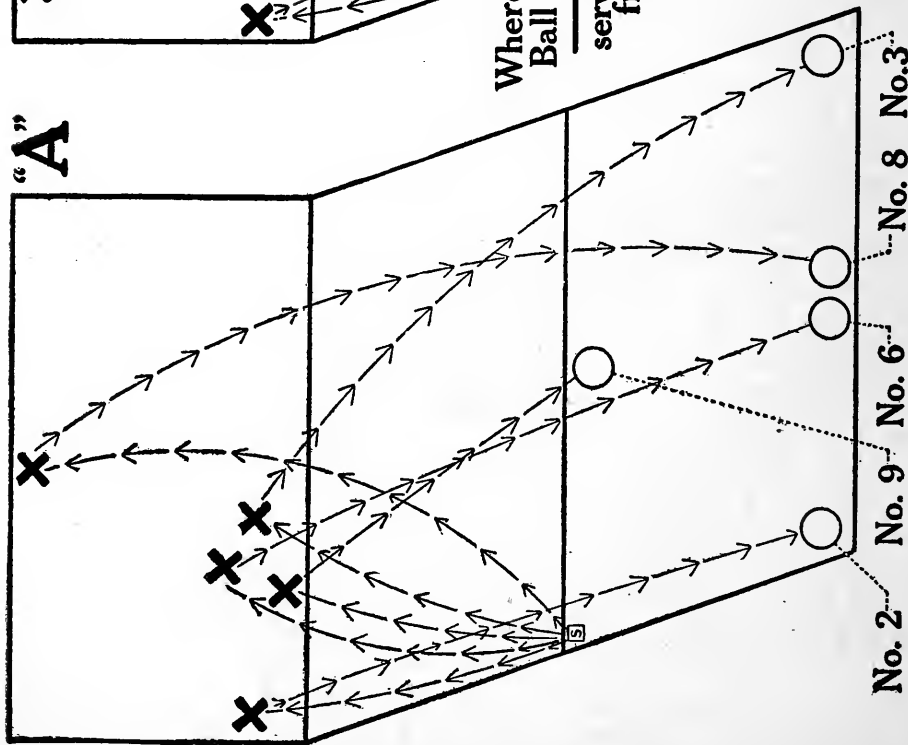
Above photo shows correct covering position after a low shot to the right corner; player is in the court, five feet from the left side line and two feet back of the service line; from this position he is able to get the greatest number of returns that can be made by the player on the floor.

opponent to make errors, and they certainly do make them trying for this play.

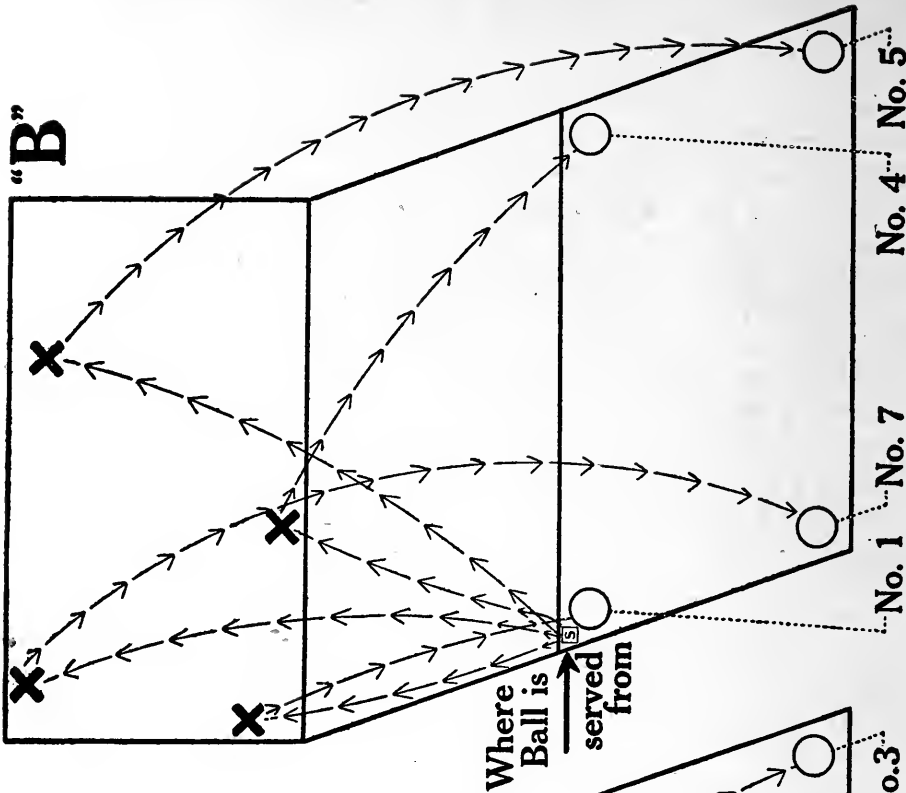
To drive a ball to the board and have it come back eighteen or twenty feet and land within an inch or two of the side line requires a degree of control absolutely unknown in any other game. The successful shots of this kind average about three of every seven tried by good players; it is, therefore, a failure as a scoring proposition, but that does not prevent most players from trying to make it every time they have a chance. In doubles the four men are moving all the time. Those men not actually making a play should be moving about in accordance with a well-defined plan, governed by the position of the ball, but ever prepared to make an effective play should the ball come to them, which it certainly will, for there is no time for loafing in this game.

One set of scoring shots depend entirely upon accuracy for their success; another set of scoring shots are dependent upon speed. The first contemplates that the player shall guess correctly where his opponent is going to place his shot, be ready set to receive it, be deliberate in making the swing, use only a moderate degree of speed, and the result should be that the ball will strike the floor within an area not more than six inches in diameter. This class of shots should not be attempted until one has maneuvered one's opponent as far away from the spot where the shot is to be made as possible. The other set of scoring shots that depend upon speed only may be made more frequently, but their effectiveness is dependent upon two conditions: the defensive player must be sufficiently close to the board and the ball must be made to strike the floor on an imaginary line parallel with the defensive player's position at the time and just beyond his reach, say two feet on either side of him. If the ball is fast enough, he won't have time to move his body into position, and all he can do is make a desperate grab at it, with the result that the ball flies off the ends of his fingers for an error. In doubles there is rarely a wide opening to score if the players are good. The correct tactics of both teams is to keep their respective ter-

"A"



"B"



✕ Indicates where Ball strikes Board

○ Indicates where Ball strikes Floor

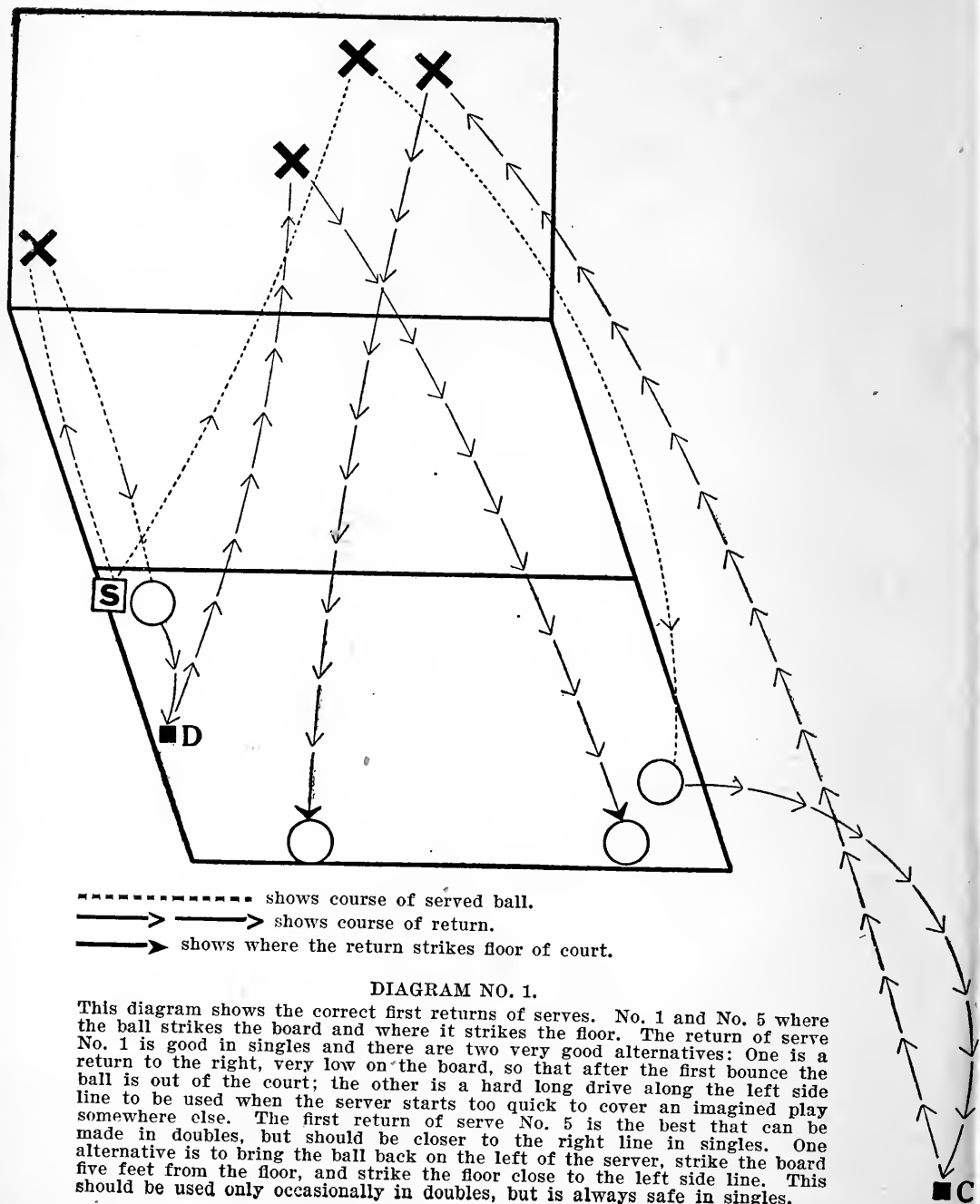
FIGURES 2 AND 3.

ritory so well covered that a scoring shot cannot be made, and if the teams are both strong and both fast the result will depend upon which team possesses the greatest ability in maneuvering their opponents into positions where scoring becomes possible.

Figure 2 and Figure 3 show some of the best serves. No. 1 and No. 2 should not be used in doubles. Nos. 3, 4 and 5 may be used in either doubles or singles. No. 1 and No. 2 must have all the speed possible. No. 1 is served so close to the floor that there is just space for the hand to pass without touching the floor. No. 2 is served from the same position but about two inches higher on the board, which makes it appear to one's opponent when it starts just like No. 1. No. 2 lands very close to the front line, while No. 1 lands just over the service line. Neither one is very effective, but when mixed up they are valuable not alone for their similarity in appearance, but because the second bounce occurs very quickly. Where the defensive player is inclined to stand close to the front line of the court it is well to serve No. 2, and when he moves back use No. 1.

No. 3 is a long, low serve to the right corner, must be delivered with great speed, and land within a circle not more than two feet in diameter. It is very difficult to get this serve back with any degree of accuracy. No. 4 is served with the same swing and other motions, but lands just over the service line. It is effective in singles, but should be used only occasionally in doubles. No. 5 is a serve that is started slow, strikes the board high and should land where No. 3 lands, bounce very high and result in driving the defensive player back about ten feet to get into a position to return it, for it can only be returned accurately when the ball begins to fall, that is, after the ball has attained its greatest altitude. The good feature about this serve is that it takes the defensive player a long distance from the board. The bad feature is that it is difficult to know where the return will land, for the defensive player himself does not always know.

The return should always be slow and high, which will give the player time to get back in position to defend his territory. It should be used only occasionally. No. 6, a serve to be deliv-



ered with all the speed possible, and, in doubles, should be directed at the server's partner and land as close as possible to the front line, and when so served it is nearly impossible to do anything more than return it. If the left defensive player takes it he must go behind the server's partner and if the right defensive player takes it, it must be with his left hand, and very often they both go after it, and an error usually results.

No. 7 is the same as No. 5, but delivered on the left side of court. It has the same result as No. 5 and should be returned the same. No. 8 is the same as No. 5, but should land the same as No. 6.

No. 9 is a serve delivered with great speed, very low on the board and to land just over the service line, directly towards the server's partner. It is only good when unexpected and frequently causes both defensive players to go after it.

No. 10 is a serve made to imitate any of the others, but with the speed reduced to the minimum. The motions of the server should be exactly the same as, for example, in No. 3, and just before meeting the ball he should pull in the speed of his hand; the intention is to confuse the defensive players. A good feature where a player has fine control is make a serve like No. 2 or No. 3, with extraordinary speed and very wild and "long"; this gives the impression to the defensive players that you are wild, and then, with equal speed, drop the next one, as in No. 2 or No. 3. The defensive player will wait to the last fraction of a second before playing it, believing it is going outside the court, and frequently does not play it at all. In singles any serve is good if unexpected, but in doubles they must be mixed up all the time.

THE DEFENSIVE

The defensive side of the game is with the "outs", the side that cannot score but must prevent the serving side from scoring. Defensive players should not take the long chances the serving side must take, because a mistake or error is a score against them; whereas, a mistake or error for the serving side, while

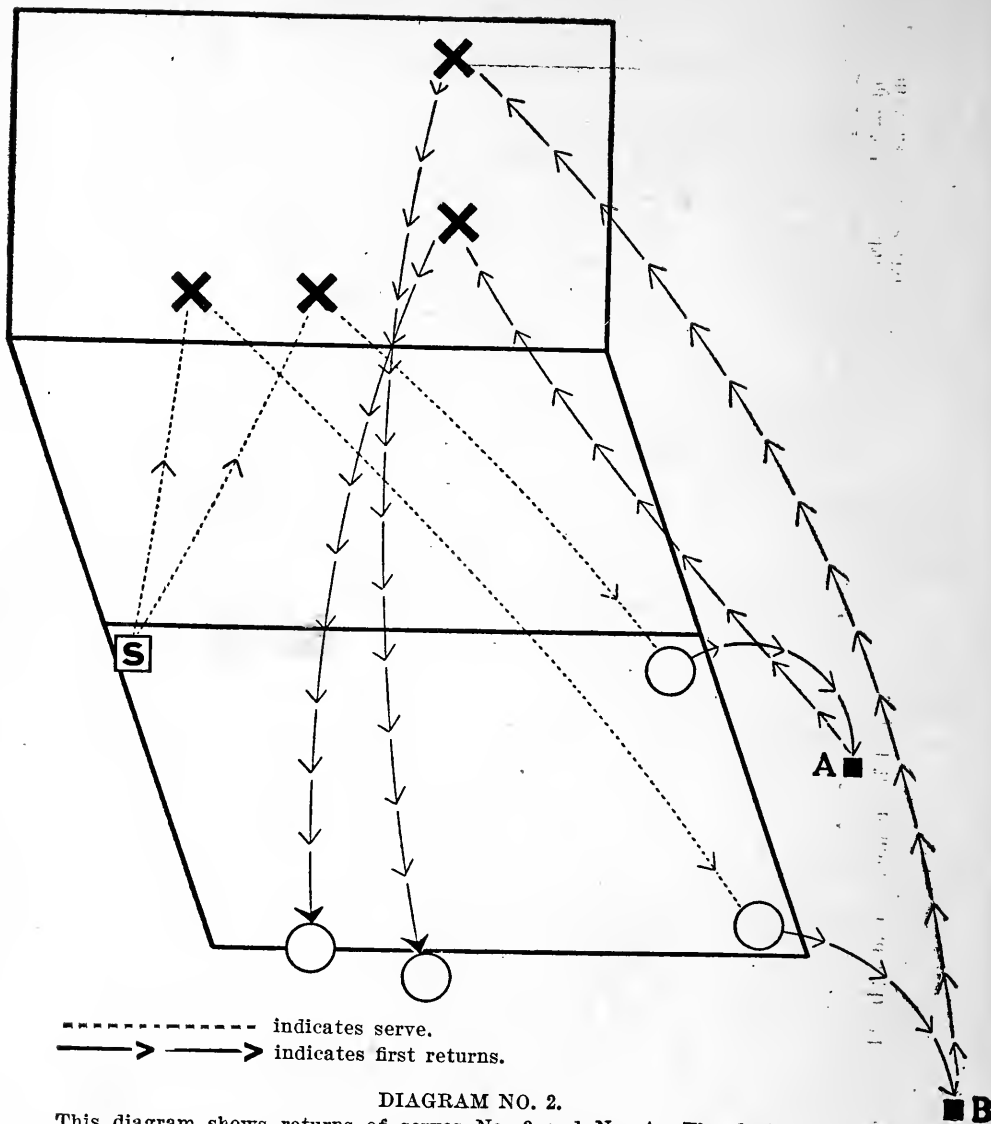


DIAGRAM NO. 2.

This diagram shows returns of serves No. 3 and No. 4. The first return of serve No. 3 should be slow, high on the board, and land close to the front line. It is good in either doubles or singles and has many possibilities of breaking up the plans of the offensive side. One alternative is to play the right corner low, if the server's partner is too far from the board to get it, but this is dangerous without fine control. The first return of serve No. 4 should be very hard, about five feet up on the board, and land close to the front line. The server may attempt to play this drive, and if he does he must play it on the fly and from the center of the court, leaving all the territory on his left uncovered; the left defensive player should immediately occupy it. The first of No. 4 serve in singles should be made to the right, along the right side line, and if sufficiently hard will score a putout, but in any case it will take the server at least eight feet outside the court to get it, or thirty-four feet from the board, and if the defensive player guesses right and is in the correct position, he should score a putout on this return. A powerful alternative is a hard drive of the same elevation, but to strike the floor at about the serving position.

they lose the serve, they do not lose any points. The general principle of defensive play consists in very carefully making all returns; making at least thirty-five per cent. of them high on the board, slow and long, so placed as to give the offensive players as much trouble as possible to get into position to try for a scoring shot. These tactics should continue until a reasonably sure opportunity to make the putout has been brought about, which will only come from patience and perseverance.

Defensive players should not be tempted into putting great speed on the ball (leave that for the offensive side), but exercise the greatest care in avoiding errors and get the ball back to the board, for returning it right where the offensive player wants it is immeasurably better than not getting it back at all. However, speed should always be used when the player is in position to deliver it, but it should not be attempted from an awkward position by a defensive player. In doubles, the player receiving the serve should make his first return very fast, about five feet up on the board, just out of reach of the server's right hand, for the following two reasons: First, it will tempt the server to try and play it, and if he does the defensive player on that side of court moves into the position the server has just vacated, and if the server makes his return on this side—that is, on his left—the defensive player already there and waiting should make a fast play with either hand along the left side line. Second, if the server refuses to be tempted on the first return, as just referred to, his partner must move over to the left side of the center of the court to play it, which exposes all of the right side of the court of the offensive side to several possible scoring shots that may be made by the defensive side, just which one to use being governed by the kind of return the offensive player makes. If it comes back high, either defensive player should play it from a fly and so it will strike the floor close to the other offensive player, and with a defensive player on either side of him, he is in a hole, and the defensive players should continue to drive the ball to him, keeping it all the time close enough to prevent his partner from playing it and with sufficient speed to

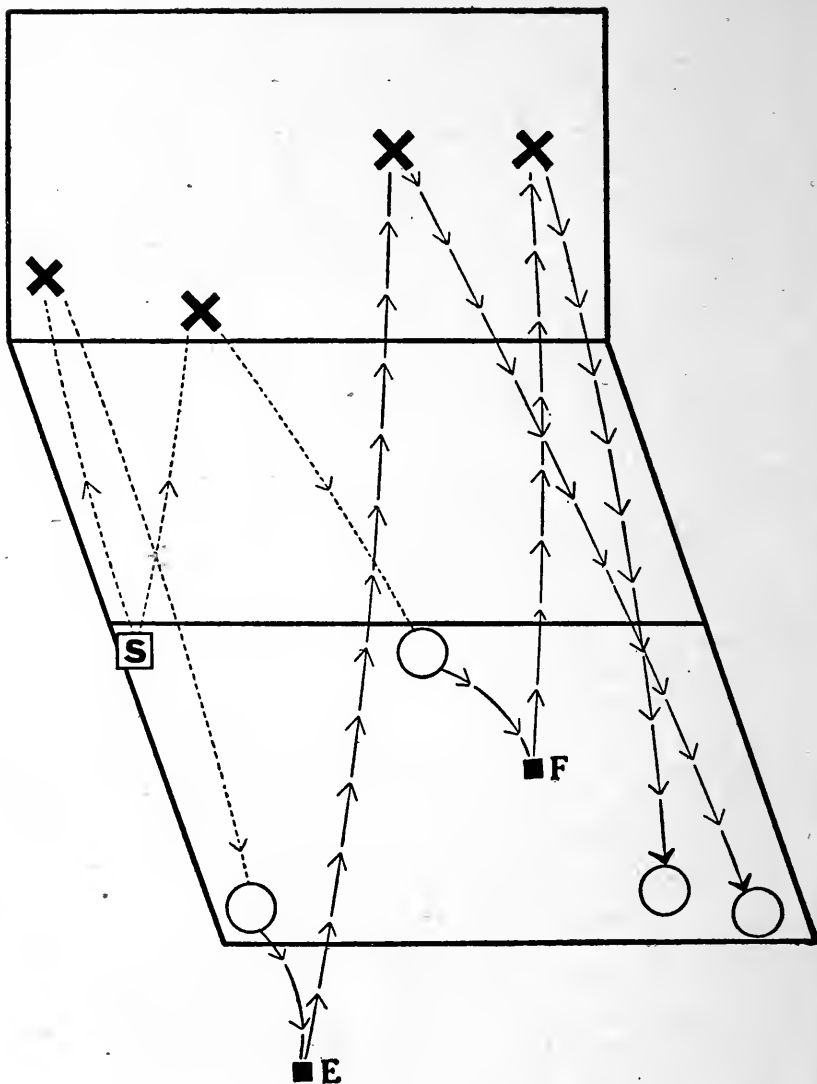


DIAGRAM NO. 3.

This diagram shows first return from E of serve No. 2—a hard drive with the left hand—which draws the server a long distance from the board. There are two good alternatives: After the ball is served, the server should cross the side line into the court to protect himself, permitting a hard drive along the left side line; another alternative on this serve is a low drive with more accuracy than speed, low on the board in the right corner, but should not be used in doubles. F shows first return of No. 9 serve, in doubles only; a good alternative is directly in front of the player making the return and should bring the second bound at the player's feet,

prevent him from playing the ball over his head and thereby getting out of the hole.

If the server has a poor left hand, the first return may be rather low on his left and the same plan as previously noted employed. Where the offensive side makes a low corner shot to score, the defensive should always return it high and as near the center as possible, but in singles it may be returned low to either corner or high and long.

If a server accidentally makes a poor serve, he is in a weak position and he knows it and it disconcerts him, and for that reason the defense should play him from the first return. If the server gets caught in close to the board, it is the duty of his partner to protect his rear in case the defense should play a fast ball through him, and for that reason, if the server, after a rally of three or four returns by each side, is able to keep his end up, either defensive player might find it to be good judgment to play the server's partner, especially if they know where the server's partner is at the moment. It is very desirable for the player of either side, who is not actually making a return, to lose himself to at least one of his opponents, because it will modify their style of play, for a player that knows the exact location of both opponents will make his play with confidence and judgment. On the other hand, it is some times important to show oneself to the opposition after being lost, in order to influence them to make a particular play, always being ready to get into position to receive that play and to counter to the best advantage.

It is very important in this game, as in all games, to be quick in learning the little weaknesses of one's opponent, in order to take full advantage of them. It is equally important to quickly learn the strong features of one's opponent and give him as few opportunities to use them as possible. There is a correct return for every ball, which must be decided by the player before the ball has left the board and, when possible, before it has left the hand of one's opponent. Where a choice can be made between playing a ball short or long off the board, preference should be

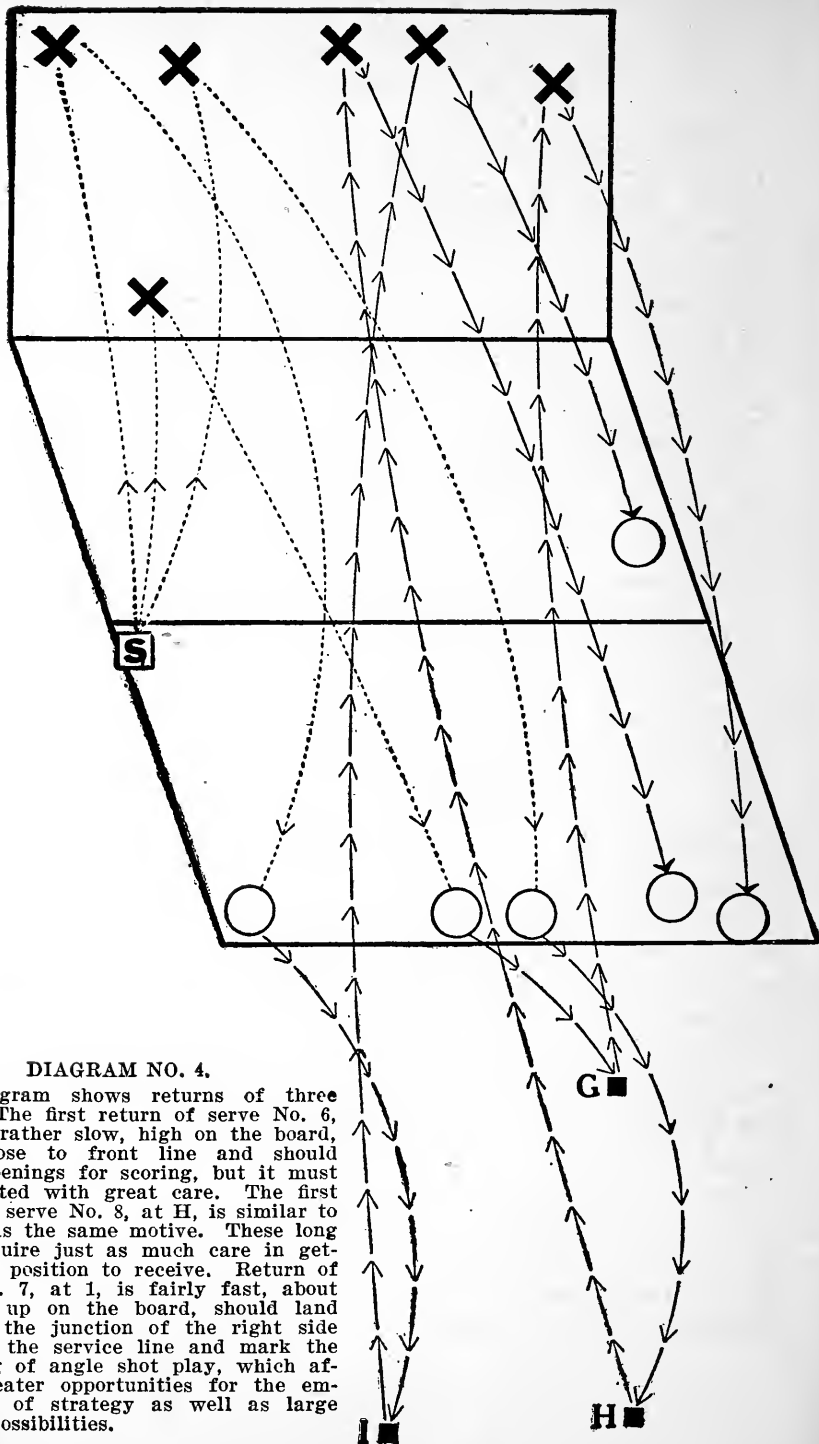


DIAGRAM NO. 4.

This diagram shows returns of three serves. The first return of serve No. 6, at G, is rather slow, high on the board, lands close to front line and should create openings for scoring, but it must be executed with great care. The first return of serve No. 8, at H, is similar to G and has the same motive. These long shots require just as much care in getting into position to receive. Return of serve No. 7, at I, is fairly fast, about six feet up on the board, should land close to the junction of the right side line and the service line and mark the beginning of angle shot play, which affords greater opportunities for the employment of strategy as well as large scoring possibilities.

given to the long drive, because the ball while traveling on a fly goes much faster than after it has struck the floor for the bounce. This makes possible many scoring shots just beyond the reach of one's opponent, which, if the bounce occurred anywhere in front of him, he would have time to get. There are many scoring shots that must have a bounce to them. They should always be used with due regard to the speed of one's opponent in traveling to the spot open and uncovered. Some men are so fast that it is necessary to maneuver them ten to twelve feet away from the point that a scoring shot with a bounce is to be made, and even then the bounce must be exceedingly short or they will get it.

Those just beginning to learn the game should play all balls on the bounce, continue this method until they are able to judge both the speed and direction of the ball correctly, and make their returns fairly high on the board; next, they should learn to judge the ball coming off the board and before the bounce; then they should try getting the direction of the ball between opponent's hand and the board, and the final stage is to learn how to fathom the intention of one's opponent before he has made his play. All those that wish to play the game for exercise and mental diversion may become sufficiently skillful in playing two or three times a week; but those who wish to become star players should play at least one hour every day and take other correlated exercises tending to improve their wind, strengthen their abdominal muscles, loosen up their legs and arms and give them steadiness.

The only safe method of playing the ball is with the full arm movement from the shoulder, because only with this style can fine control ever be attained. Never use the movement ordinarily used in throwing a base ball, for at best it is erratic and the ball must be struck by the fingers instead of the palm; the palm, being much thicker and heavier and for this purpose constituting one member instead of five, is easier to control, making accuracy possible on a much greater variety of shots; whereas, with the throwing motion, the player must receive the ball within certain



shows the serve.
 shows returns.
 shows where the return
 strikes floor of court.
 shows course of the server.
 { shows course of
 defensive player.
 shows the scoring shot.

Defensive Player

This diagram shows a short rally in a game of singles where the server scores. In this rally the server or offensive player has traveled sixty feet and the defensive player seventy feet, yet the offensive player scores. The serve is No. 3 as shown in diagram A, at 1; the defensive player moves to 2 and returns the ball, long on the right, and the offensive moves, first to A and then to B, and returns the ball to the left; the defensive player moves to 3, a covering position, then moves to 4, and returns the ball after a great sprint; the offensive player moves from B to C, a covering position, then to D, and by a hard left hand drive to the right scores a point; the defensive player, after making a good get at 4, hustles back in the court at 5, a proper covering position, where he now sees the play the offensive player is making, makes a desperate effort to reach the new position, but at 6 sees the ball pass him just beyond his reach.

circumscribed limits in order to use it at all and, if tied to this style, is helpless before any player that can prevent him from receiving the ball within those limits. For the same reason, the circular swing of the arm ending at the hip, -so much used in Irish hand ball, should be discarded. With the full arm movement, while the arm is not always straight, it must be rigid, and speed and accuracy are obtained in any position from two inches to six feet from the floor.

The gloves form an important adjunct to American hand ball. The ideal glove is one that is entirely free from wrinkles or other imperfections on the face of the palm and fingers. The slightest defect in the palm is a prolific cause of errors, for all those shots that depend upon accuracy alone for success must be delivered from the exact center of the palm. To get the greatest possible degree of speed, the fingers should be turned in to a point at right angles to the arm and the ball be met slightly off the center of the palm and on the heel of the hand where the bones are the heaviest. The bare hand is impossible for two reasons: first, because the flesh is too soft and uneven; second, without gloves the ball gets wet from perspiration and performs so many freak curves that the game degenerates into a contest where skill is at a discount and luck is everything. Spalding's American Standard Hand Ball Glove meets all the requirements of this game, and, while a little stiff when new, it soon works into the correct shape and, being strong and free from wrinkles and other common faults, protects the ball from sweat. It is the only glove that fulfils all these requirements and it will wear much longer than any other glove.

The clothing should be the least that the police will allow, as it is a hard game and too much clothing is a handicap. The pants should go slightly below the knees to prevent them from being skinned in falls. On concrete floors the knees should be padded. A shirt is worn merely for aesthetic reasons and should be nearly nothing, but a heavy sweater, or robe, should be very handy when a game is finished. Stockings should be short for indoor work and extend above the knee for outdoor work and

sufficiently thick to prevent blistering the feet. A strong flexible jock strap should be worn. The shoes are very important; for indoor work on a wooden floor they should be low oxford, canvas upper, with a rubber sole of good grade, which may not be more than a quarter of an inch thick, built onto the upper (not sewed on), and from the center of the sole at the ball of the foot, and extending to the inner edge of the sole there should be embedded in the regular sole a piece of almost pure gum about two inches square to insure a good grip, and, as that is where the bulk of the wear comes, it will materially extend the life of the shoe. For concrete floors, the upper may be either canvas or leather, but slightly higher to protect the ankle; the soles made of automobile tire fabric, sewed on to a leather insole and about three-eighths of an inch thick; nothing but this cotton and rubber combination will last more than a very few games on concrete.

Rules of American Hand Ball

RULE 1. The players must stand outside the court, in the field, until the ball is put in play by the server.

RULE 2. The ball is in play when the server drops or throws it to the floor anywhere within the court on that side of the service line farthest from the board (or wall).

RULE 3. The ball must touch the floor before the server can play it to the board and the play must be made on the first bound.

RULE 4. A served ball, after leaving the board, must, without touching the floor, cross to that side of the service line farthest from the board and land within the court.

RULE 5. A served ball must not be played on a fly, but on the first bounce only.

RULE 6. If a served ball leaving the board first touches the floor before crossing the service line it is "short" and the same server serves again.

RULE 7. If a served ball leaving the board first touches the floor on that side of the front line farthest from the board, it is "long."

RULE 8. If one "long" and one "short" or two "long" or two "short" balls served consecutively by the same server fail to touch the floor first within the court, between the service line and the front line, the server is out, and in doubles the side is out.

RULE 9. If a served ball touch the floor outside the side lines of court, the server is out, and in doubles the side is out.

RULE 10. All served balls and all returned balls must touch the board first before touching the floor.

RULE 11. A ball leaving the board strikes an opposition player, it is against the side so struck and is either a point or a putout for the other side.

RULE 12. A ball leaving the board strikes the player who returned it or, in doubles, that player's partner, it is against the side so struck, and is either a point or putout for the opposition.

RULE 13. A ball, after leaving the hand of the player and while on its course toward the board, strikes an opposition player before touching the floor, it is a "hinder," and two "hinders" on one service constitute a point or a putout against the side making the "hinders."

RULE 14. In doubles, a player, making an attempt to play a ball, completely misses it, his partner may play it.

RULE 15. A ball that is short or long or outside the side lines is nevertheless played, the play may continue to the end of the rally and appeal then be taken to the referee, who must decide whether the ball was good or not.

RULE 16. All balls must be played from the first bounce or fly, except the serve, which must be played from first bounce only.

RULE 17. After the serve, any returned ball that first touches the floor or board outside the actual dimensions of the court, it is a point or a putout against the side making the return.

RULE 18. The player must strike the ball with the front of either hand and no other part of his anatomy.

RULE 19. A player may place a ball with relation to himself so as to block or prevent his opponent from having free access to the ball, but the blocking movement must be complete at the time of returning the ball and not after the ball has left his hand.

RULE 20. In doubles, a player may place a ball so that his partner may block either opponent, as in Rule 19.

RULE 21. In doubles, a player must not take up a position to block an opponent after the ball has left the board.

RULE 22. A player running away from the board in pursuit of the ball has the right of way and is not subject to any form of blocking after he has passed the service line.

RULE 23. A player already in position, or while taking a position to return the ball, must not be blocked, unless the blocking movement was made before the ball left the board.

RULE 24. In doubles, the server's partner may stand at each serve, between their two opponents, but he must move away from any served ball so at least one of their opponents shall have free access to the ball.

RULE 25. A player may return the ball and block his opponent by a single act, but the blocking part of the act must end when the ball leaves the hand.

RULE 26. In doubles, each side shall alternate in the service as well as in the defensive positions, and no player shall play the same defensive position or do the serving all the time.

RULE 27. When the ball is coming off the board, a player must not pass between the oncoming ball and his opponent, but may pass under the ball or around his opponent.

RULE 28. Twenty-one points constitutes a full game.

RULE 29. Should each side score twenty points, either must score two consecutive points on one service to win.

RULE 30. Before starting a game, the players may agree among themselves as to the defensive positions they will play; after the first game they must alternate in each game.

RULE 31. The players shall toss a coin to determine which side shall serve the first ball, after which they will play for the service, the first point or putout winning said service, when the regular game shall start.

RULE 32. The officials of the game shall be a referee and an umpire.

RULE 33. The referee shall have charge of the game, direct the players, make the decisions, impose all penalties and enforce the rules.

RULE 34. The referee may move about to any position in the field, but not in the court while the ball is in play.

RULE 35. After the start of game, neither side shall delay the game more than one minute without the consent of the referee.

RULE 36. The referee may order the game resumed at any time after one minute, time to be computed from the last score or putout.

RULE 37. For unfair blocking or any kind of intentional interference the referee may impose a fine against the offending side of from one to five points by subtracting such points from the score, thus requiring the offender to earn the fine plus twenty-one points to win.

RULE 38. If a player be injured while playing, he may ask

for time to recover, and the referee may grant one or more minutes, in his discretion, but not more than five minutes without the consent of the other side.

RULE 39. For refusing to abide by a decision of the referee, he may fine the offending side one point for every minute the game is delayed, up to five minutes, when he shall forfeit the game to the innocent side, and the score shall stand 21 to 0 in favor of the innocent side.

RULE 40. In all important or championship games, the winner must be victorious in at least three of five games.

RULE 41. The time between games shall be not more than ten minutes, at the end of which time the referee shall direct the players to start the next game.

RULE 42. For fighting or roughing, the referee may fine the offending side from one to five points, as in Rule 37, or forfeit the game to the innocent side.

RULE 43. If a player be guilty of an unfair act which does not affect the play, the referee may warn him, but upon repeating the same unfair act, whether intentional or not, he may fine him, even if the play was not affected.

RULE 44. The umpire shall watch the players for any kind of unfair play; watch the balls that land on or near the side lines; keep the score of game; and call the attention of the referee to any irregularities of play.

RULE 45. On any point involving the interpretation of the rules, appeal from the referee's decision may be made to the umpire, whose decision shall be final.

RULE 46. The referee may stop play any time and confer with the umpire on any point before rendering his decision if he believes the umpire has better knowledge of the play.

RULE 47. During the progress of the game, if a legal ball should strike either the referee or the umpire the ball is "dead," with no advantage to either side.

RULE 48. Points can only be scored by the side serving; put-outs by the defensive or side not serving.

RULE 49. Any ball after leaving the board first touches the

floor on any line of the court is deemed good, but where such balls are very doubtful, the referee may direct the ball be served over again, without advantage to either side; provided, however, that if both the referee and the umpire decide any ball good, it shall not be played over.

RULE 50. Gloves must be worn, and they must be made so as to effectually prevent the sweat of the hands from getting on the ball.

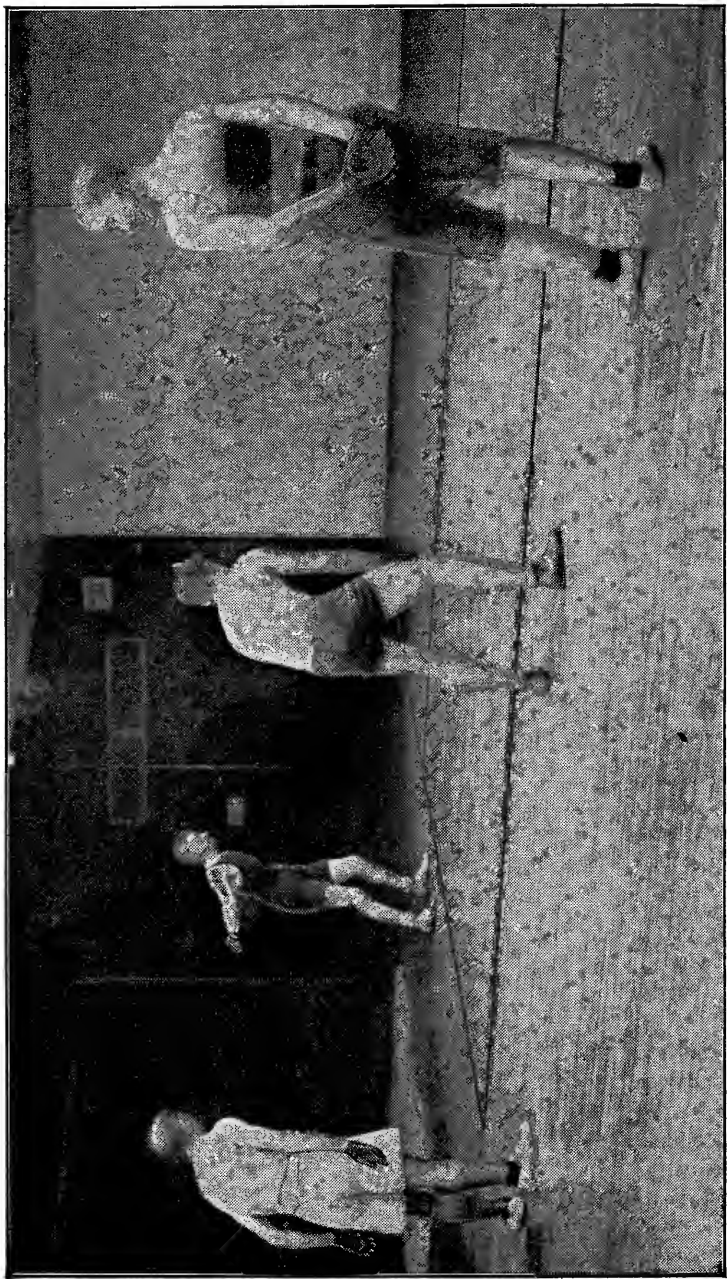
RULE 51. During the progress of the game, if a ball become wet from any cause the referee may stop the play, see that the ball is properly dried, then direct play be resumed with the serve without advantage to either side.

RULE 52. The ball must be not less than one inch and seven-eighths of an inch and not more than two inches in diameter, when inflated with air pressure to thirty pounds per square inch, made of gum and carbon and to weigh not more than two and one-quarter ounces and not less than two ounces.

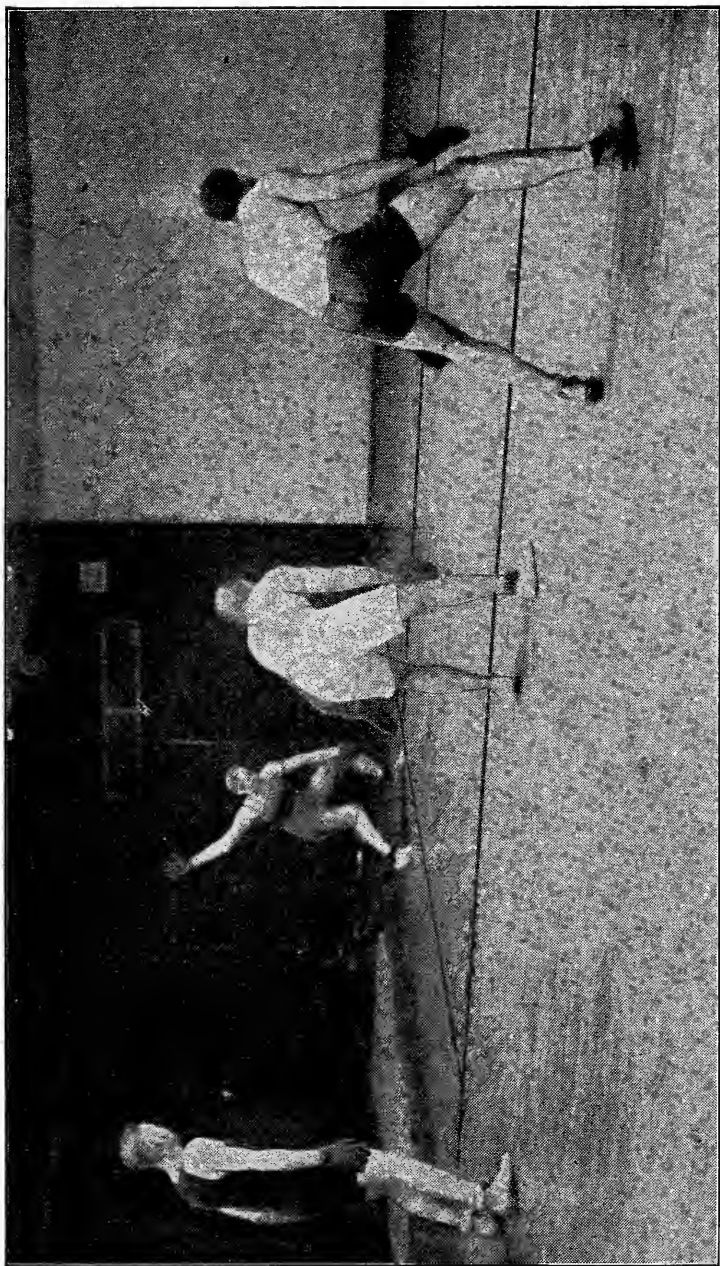
RULE 53. The court shall consist of a floor, a board and a field. The board shall be 10 feet high and 20 feet wide, made of at least two layers of finished boards, both tongued and grooved, backed by studding not less than 2 inches by 4 inches, twelve inches apart, and secured to a wall or in the ground in a manner to completely prevent vibration. The surface of board must be smooth and painted with at least two coats of white paint, but no lines. The space immediately adjoining the board shall be of such material as to produce a distinctly different sound when struck by the ball than the board gives.

RULE 54. The floor shall be 20 feet wide and 26 feet long; the service line shall be drawn across the floor at a point exactly in the middle between the front line and the board, and the lines of the floor shall be red, 2 inches wide, and the floor must be smooth but not polished.

RULE 55. The field shall be the territory immediately adjoining the "floor" on all sides except the board side and shall be 55 feet wide, including floor of court, and 40 feet long, including floor of court, and shall not be polished or slippery.



Above photo of a game of doubles shows the wrong way to receive the serve by the men at right and left—the defensive players; they are not alert or in command of their bodies and could not make a quick start, so necessary in this game.



Above photo shows the correct way to receive the serve; every man on his toes, all in complete command of their equilibrium. Men on right and left, defensive players, five feet back from front line of court; the one on the left has left shoulder on line of left side line; the one on right has right shoulder even with right side line; the center man, partner of the server, is just off the front line of court.

Phraseology. of the Game

Get—A return of a shot that should have scored for the player who made it; a difficult return without any regard to placing.

Hinder—A returning ball that strikes an opposition player.

Rally—A rapid returning of the ball by both sides, without advantage to either, for a period of one or more minutes.

Killed ball—Generally a scoring shot so low that the resultant bounce is barely perceptible.

Ace—A point scored by a shot that the opposition failed even to touch, legally.

Error—Any ball that the player can and does touch legally, but fails to return to the board legally. Classification of errors of judgment we leave to the imagination.

Fluke—Any extraordinary shot that was palpably not intended by the player who made it.

Safety—A shot made from a weak position that prevents what looked like a sure score for the opposition.

Cutting the line—All shots that are intentionally played close to or upon the front line.

Shading the line—Any shot that follows close to or upon either side line.

Wild—A player is "wild" when his shots fail to strike the board within five feet of where he obviously intended; if not within ten feet, he should consult an alienist.

Steady—A player is "steady" when he is able to place seventy-five per cent. of his shots within two feet of his mark. If within two inches, the opposition should learn what meat he feeds on.

Serve—One ball served from serving position.

Service—A number of consecutive serves by the same player.

How to Construct Courts

American hand ball courts out of doors should be constructed as follows: Chestnut posts six inches square, sixteen feet long, placed five feet apart—that is, four posts—and six feet in the ground or in concrete; across the posts, one foot apart, strips of white pine one inch thick and three inches wide should be nailed horizontally; on the strips boards of white pine one inch thick, not over six inches wide, tongued and grooved, finished both sides, should be nailed vertically; here, put on one coat of good filler paint, both sides. Where it is intended to build a series of courts this construction should continue without a break, to provide the desired number of courts together with the field of each.

To complete the playing board, boards two inches wide, one inch thick, finished both sides, tongued and grooved, should be nailed horizontally to the vertical boards the exact width and height of the board, or twelve feet wide by ten feet high, making lines on the board unnecessary, thereby removing a fruitful cause of disputes and arguments, for in playing the whole board, if the ball misses the board, it strikes a different structure, makes a different sound and that ends it. The board should then be painted with one coat of filler and two coats of white paint and when dirty should be washed, but no more paint added until the original paint is washed too thin to give a uniform color.

The rear of the board and continuing structure should be properly and securely braced so that even any vibration is impossible. There must be no "give" to the board on the impact of the ball or the ball will lose speed. The top of the structure, including the board, should have studding two inches thick, four inches wide and ten feet long, extending outward and upward over the court and field, covered with wire netting, one and a half inch mesh, to keep the ball in sight. The face of the structure not occupied by the board or boards should be painted the same as the board, but the color should be light green, and

the rear of the entire structure should be painted as often as necessary.

The floor of the court may be made of concrete, finished smooth but not glazed. The concrete need not necessarily extend over the whole playing field; if it extends beyond the court five feet all around it will be satisfactory, provided the rest of the playing field is made of sand and clay and kept well rolled, and it should also drain away from the court on the three sides. Of course, the very best floor is built like the board, with the beams laid in concrete, but the wood floor costs more in upkeep than concrete, for the latter costs practically nothing if built right in the first place.

At the back and sides of playing field, a fence fifteen feet high and covered with wire netting should be built to save time looking for lost balls. A dirt floor for a court is impossible with any combination of materials, because it kills the speed of the ball. A fine place for outdoor courts is on top of buildings, especially high ones, where the air is pure and the sunshine perfect; played under such circumstances the benefit is equal to a trip to the country. There is no other game that can be played on top of buildings, because all other games require too much floor area, while American hand ball can be played very satisfactorily on a space forty feet square. Roof courts should be well guarded on the sides, to make it impossible under any conceivable circumstance that a player could go over the coping, and the court should be entirely covered with wire netting, allowing a headroom of not less than fifteen feet. As roofs are usually constructed now, the roof proper would answer very well for the court by simply painting the lines of the court thereon, but the board should be properly built and on most buildings can be secured to some existing wall or coping, making it a very inexpensive proposition. It should be possible for a business man to leave his desk, go to the roof of his building, play two or three games of American hand ball, take a shower bath also in the building, and be back at his desk in one hour, greatly improved in mind and body.

Indoor courts can be built in several ways and very inexpensively. Once built their maintenance cost is very slight. In gymnasiums, the regulation board, twenty by ten feet, with two layers of boards, can be constructed and secured to any existing wall of the building, painted white and without lines, with the adjoining walls of building also white, so as to obtain all the light possible. The floor of the court can be the regular floor of the gymnasium, with the court lines painted red; this allows for the use of the floor space for other than hand ball purposes when desired. The floor should be gone over about every three months with a thin coat of a mixture of varnish and oil to take the glazed surface off and enable the players to get a hold on the floor with their shoes. A slippery floor spoils the game. The floor should always be perfectly even, if necessary planed and then oiled, but a slight "give" to the floor is not a detriment, for it is easier on the feet and legs of the players and does not affect the ball unfavorably. About forty feet from the board it is well to stretch a cotton net not over four feet high across the width of the playing field to stop the ball and prevent unnecessary interruptions to the game. Lighting for indoor courts, to permit playing at night, may be by either incandescent or arc lights. If incandescent, the lights should be placed about two feet from the board on both sides of the board against the wall on a vertical line, in a series of ten bulbs, laid in a metal reflector and covered with stout wire netting. Above the court, two series of the same kind, but with the bulbs eighteen inches apart, one end of each series to be about four feet from the board on the side line and to extend away from the board to a point where the other end of each series shall be not more than five feet from the side line. Metal reflectors and heavy wire netting as before. If arc lights are to be used there should be four placed approximately at the corners of the court, but the two nearest the board should be five feet from the wall and two feet from the side line. The other two should be within the court, two feet from the side line and two feet from the front line, and about five feet higher than those nearest the board, which should be ten feet above the floor.

The two inner lights should have metal reflectors throwing the light directly on and from the board to the front line, the two outer lights being principally to increase the volume of light in the court and playing field. It is difficult to say which system of lighting is the best, but both should not be used on the same court, for different colored rays of light would cause trouble in judging the ball.

American hand ball may be played with three men, the server being the only one who can score; the other two players work as partners and try to put the server out, one following the other in the service, irrespective of which one caused the putout. After the first server is put out, he becomes the partner of the third man and so on.

One man may play two men by giving them two services to his one and having them both play against him all of the time.

American hand ball is as strenuous as hockey or basket ball, with the body checking left out, when played by good players, and five spirited games is about all any well-trained athlete can stand, for it uses up energy at a truly frightful clip. On the other hand, unlike hockey, basket ball or foot ball, it can be played leisurely, like tennis or golf, by those who wish a keen contest with fun and diversion, but without extraordinary effort. Heavy men should play with heavy men. Men of middle age and all others should play with those of about equal skill, for there is not much fun for the low score in a one-sided game. The main thing is to find players of all degrees of skill at the time and place available. In view of the fact that the game is rapidly spreading to all the large cities this should not be very difficult.

Athletes who have obtained prominence, or who desire to do so, in basket ball, foot ball, base ball, soccer, tennis, cricket, pole vaulting, jumping, sparring, etc., should make American hand ball their preliminary training and for the following reasons:

It will enormously improve the ability to judge distance quickly; trains the eye in judging direction accurately and quickly; educates the mind to always have complete control of

the body under all conditions; greatly improves dodging ability; gives a feeling of confidence in meeting new situations; very greatly increases the ability to make a quick start, and a quick stop; it develops a larger number of muscles than any other sport; it strengthens the body organically, especially the liver and stomach, and makes training pleasant instead of a bore.

BALL

American hand balls are one and seven-eighths inches outside diameter when inflated, with one-quarter inch walls, containing air to a pressure of thirty pounds to a square inch. Such balls are moderately fast when new, and they should be, for the difficulty of controlling the ball, that is, driving it where you want to, is what makes the game interesting. Those players learning the game should start with used balls that have been discarded by the more experienced players.

GLOVES

American hand ball cannot be played without gloves. Being a very fast game, perspiration starts quickly, and if sweat or any liquid gets on the ball it takes all manner of freak shoots and there is no way of judging it. Also the bare flesh of the hand does not offer a hard or smooth surface to the ball.

The best gloves are those the palms of which are free from wrinkles, smooth and but slightly flexible. They should fit snugly but not tightly. A hand ball glove should help the player to control the ball by increasing the percentage of accurate shots. All imperfections in the gloves tend to destroy the efficiency of the player.

Rules for Irish Hand Ball

Following will be found the rules of the Gaelic Athletic Association of Ireland. They differ mainly from those in vogue in America. Under the Irish rules fifteen aces constitutes a game instead of twenty-one, and in tossing the ball the server can assume any position he pleases inside of the short line. The Gaelic rules were framed with a view to govern matches in all sizes and shapes of alleys and courts, and subject to all conditions and circumstances imaginable. In Ireland, as a rule, impromptu matches are played against the nearest gable end or wall without regard to size, and it is to cover such contests as well as those in the regulation alley that the Gaelic rules were drafted.

THE COURT OR ALLEY.

1. A line called the short line must be drawn parallel to the front wall, not nearer to it than half the length, nor further from it than two-thirds of the length of the floor.

NOTE.—For alleys or courts with a clay floor the short lines should be two-thirds of the length from the front wall, but for concrete, flagged, or bricked floors the short line should be nearer the centre.

2. A line should be drawn at the extreme edge of the floor, if there be no back wall, six feet from the boundary, to keep off spectators, and parallel to the front wall. This line to be called the over line.

3. Where there are no side walls, or where the side walls do not extend to the over line, lines should be drawn from the ends of the front wall or side wall to the extremities of the over lines. These lines to be called side lines.

4. A floor should be sixty feet long, or as near to it as possible. A tell-board four inches high should be placed at the base of the front wall. A ball striking the tell-board should be considered

as striking the floor. The upper edge of the tell-board should be beveled.

THE BALLS.

5. The balls to be hard and covered with sheepskin or any suitable kind of leather. No ball to be less than one and a half or more than one and three-quarter ounces in weight.

THE PLAY.

6. A game to consist of fifteen aces, and to be won by whichever player or team gets this number.

7. A rubber may consist of any odd number of games, and will be won by whichever gains the greater number of games.

8. A "home and home" rubber to be played in the two alleys or courts belonging to the challenged and challenging players—as many games as may be agreed on to be played in the one alley or court, and the remainder or a sufficient number of games to decide the rubber in the second alley or court.

9. Before commencing a rubber the opposing players shall toss for choice of inside or outside ground. One "hand" shall be given for first innings of every game; two "hands" for second and succeeding innings, if there be two players on each side; and three "hands" for third and succeeding innings if there be three players on each side. When one game is finished the winners will have choice of ground.

10. All balls served out from the front wall to the outside must be tossed—that is, hopped and struck with the hand against the front wall. Jerking not to be allowed in inter-alley, championship, or inter-county matches.

11. An ace to count when an outside player misses a ball, fails to return one which has been tossed out or played to him, or makes a "foul." A "hand out" to count when an inside player misses a ball, fails to return one which has been played to him, or makes a "foul."

12. Touching a ball to be considered as playing to it; should it be played to a second time by the player who struck it, or his

partner, before reaching the front wall, it shall be foul, and count as an ace or hand out. Playing to a ball on the second succeeding hop to be foul, and an ace or hand out.

13. Should a player catch, or deliberately stop a ball going to the front wall, a hand out or ace should be given according as the offender is an inside or outside player.

14. A ball which crosses the side line or side wall will be an ace or hand out, according as the player who last played to it is an inside or outside player. When a ball crossing the side line be struck at and missed before it hops, an ace shall be given against the player who missed. If the ball has hopped, and the player is not sure whether it is inside the line or not, he should call for judgment, and proceed as in Rule 23.

15. Should a player strike a ball and it to go up off his partner it is foul, and shall count as an ace or hand out. Should a player strike at a ball with both hands together it is foul.

SERVICE.

16. The partner or partners of the player who is serving must stand at side line or side wall and inside the short line until the ball is served.

17. No ball to be tossed out until the outside players are in position outside the short line. The judge may disallow any ball tossed out before the outside players are prepared, or while a question of judgment is being decided.

18. If the player who is serving tosses the ball over the side line or side wall, it will be a hand out. Should he fail to toss three successive balls between the short and over lines it will be a hand out. Should he strike the ball against the ground, the side wall, or his own person ere striking the front wall, it will be a hand out. Should he miss the ball when tossing it will be a hand out. Should he jerk the ball it will be a hand out. A ball hopping on a line to be over that line.

19. All balls tossed out between the short and over line must be played to unless they have touched the player who served them or his partner after leaving the front wall, or unless the judge dis-

allows them. Should the partner of the player who is serving prevent a ball crossing the side line it will be foul.

20. Should the player who is tossing, or his partner, catch the ball before it hops a second time, it will be a hand out. Should the outside player catch a ball before it hops a second time, unless he be standing four feet outside the over line, it will be an ace.

HINDERS.

21. Should a player strike a ball and it afterwards strike his opponent, it shall be a hinder, and must be played over.

22. Should a ball coming from the front wall strike the player who put it up, or his partner, it is a hinder.

23. Should a player, while the ball is in play, think that a foul has occurred, he must call for judgment and play on. When the ball has been played out the judge will decide if a foul has occurred, and give his decision accordingly. Should no foul have taken place the result of the play will count. The judge may, if he wishes, declare an ace or hand out when a foul occurs without waiting for the ball to be played out.

24. Should a player obstruct another in such a manner that he cannot play, the judge may give a hinder. Should the obstruction be wilful, the judge may give an ace or hand out against the offender.

25. Any ball brought off the front wall in play to or beyond the over line shall count dead and be played over.

26. When a ball is over or short the player may, or may not, as he pleases, play to it. Should he try to play to it and miss, it will be an ace. Should he call "over" or "short," and put the ball up, it will be dead and must be played over.

27. In a court, a ball brought off front wall in play over back wall shall be dead and shall be played over.

28. The decision of the judge to be final.

ACCEPT NO
SUBSTITUTE

THE SPALDING

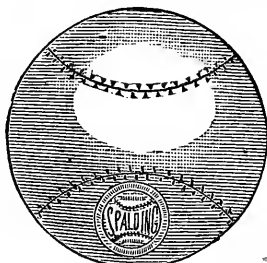


TRADE-MARK

GUARANTEES
QUALITY

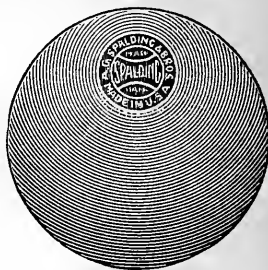
SPALDING HAND BALLS

Hand ball, played indoors, will keep base ball players and other athletes in good condition during hard weather when outdoor athletics are out of the question. The leather covered hand balls we make are wound by hand, and are the same as those used by the best ball players in this country.



Leather Covered Hand Balls

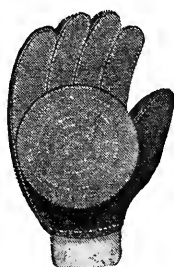
- No. 1. Match, regulation size and weight. . Each, \$1.25
No. 2. Expert. " .50
No. 4. Amateur. " .25



Rubber Hand Balls

- No. 6. Black Rubber, best quality. Each, 35c.
Red Ace, Irish Regulation red rubber ball. " 35c.
Black Ace, Irish Regulation black rubber ball. " 35c.
No. 0. Squash Balls, with "overspun" cover. Popular for hand ball. " 50c.

HAND BALL GLOVES



No. B



No. A



No. 2



No. 3

- No. B. Stiff flat fingers and palm of solid leather. Patented construction and the most practical style glove for the game as played in this country. Patented January 6, 1914. Pair, \$3.50
No. A. Best quality black leather; stitched palm. Palm leather lined. Pair, \$2.50
No. 2. Soft tan leather, stitched palm. " 1.50
No. 3. Fingerless. " .75

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1915 Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING GYMNASIUM SHOES

Gymnasium Shoes must be comfortable and easy, yet fit snugly and give the wearer a sure footing—they must also be durable. Spalding Gymnasium Shoes possess all of these good qualities and, in addition, are reasonable in price.



No. 15
Correct
Shoes for
Boxing

No. 15. High cut, kangaroo uppers, genuine elk-skin soles. Will not slip on floor; extra light. The correct shoes to wear for boxing. Pair, \$5.00



No. 155

No. 155. High cut, elk-skin soles, and will not slip on floor; soft and flexible. . . . Pair, \$4.50

No. 166. Low cut, selected leather, extra light and electric soles; men's sizes only. Pair, \$3.00



No. 166



No. 66L

No. 66L. Women's. Low cut, extra light, selected leather uppers. Electric soles. . . . Pair, \$3.00

No. 90L. Women's. Low cut, black leather, electric soles and corrugated rubber heels. Pair, \$2.50



No. 90L



No. 21

No. 21. High cut, black leather, electric soles. Sewed and turned, which makes shoes extremely light and flexible. Pair, \$2.50

No. 20. Low cut. Otherwise as No. 21. Sewed and turned shoes. Pair, \$2.00



No. 20

No. 20L. Women's. Otherwise as No. 20. Sewed and turned shoes. Pair, \$2.00



No. 133

No. 133. Best selected black kid uppers, soles with flexible shank. Very satisfactory for general gymnasium and camping use. . . . Pair, \$4.50



Spalding Special Bowling Shoes
No. 148. For bowling and general gymnasium use. Light drab chrome tanned leather uppers with electric soles. Laces extremely low down. Pair, \$3.50



No. 148
Bowling
Shoe

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1915 Subject to change without notice. For Canadian prices see special Canadian Catalogue

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING BASKET BALL SHOES



No. BBS



Spalding "Sprinting" Basket Ball Shoes

No. BBS. Made with flexible shank, on same principle as on "sprinting" base ball and foot ball shoes. Extremely light in weight, well finished inside. Improved patented pure gum thick rubber suction soles, with reinforced edges, absolutely guaranteed to give satisfaction with reasonable use. Lace extremely far down. Uppers of best quality black genuine kangaroo leather. Light, flexible and durable. Strictly bench made. Supplied on special order only, not carried in stock. . . . Pair, \$8.00 ★ \$7.50 Pair.

On orders for five pairs or more, price in italics, preceded by ★, will apply.

SPECIAL NOTICE—In a game like basket ball, which is played generally on board floors, there is a strain on the feet altogether different from that in almost any other athletic game, and to support this strain, properly made shoes with leather uppers and correctly shaped soles are absolutely necessary. It is a fact that players on many teams wear canvas top shoes and we supply in our No. P shoes, listed below, absolutely the best canvas top basket ball shoes ever made, and the same style as worn by some very successful teams, but from our long experience in catering to athletes and watching closely, as we have done, the development of basket ball and its effects on the physical condition of players, we cannot consistently recommend canvas top shoes for any athletic use and especially not for basket ball,



No. AB

No. AB. High cut, drab calf, blucher cut; heavy red rubber suction soles, superior quality.

Pair, \$5.00



No. BBL

No. BBL. Women's. High cut, black chrome leather, good quality red rubber suction soles. Pair, \$4.50

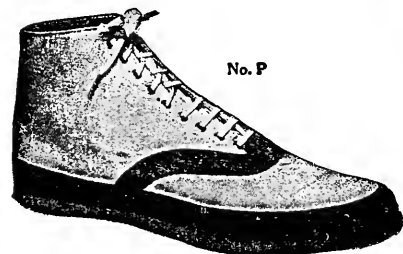


Spalding Special Canvas Top Basket Ball Shoes

Special quality soft rubber soles. These soles absolutely hold on the most slippery floor. Light weight, durable, correct in design. Sizes 5 to 11 only. No other sizes.

No. P. Pair, \$3.50 ★ \$39.00 Dozen pairs.

On orders for five pairs or more, price in italics, preceded by ★, will apply.



No. P



PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1915 Subject to change without notice For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING



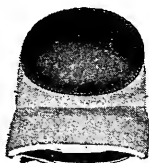
TRADE-MARK

GUARANTEES
QUALITY

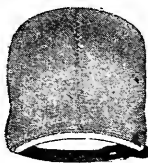
SPALDING BASKET BALL KNEE PADS AND PROTECTORS



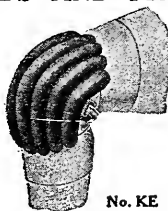
No. EF



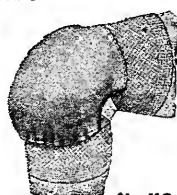
No. 9KP



No. KP



No. KE



No. KC

No. EF. Combined, elbow pad and elastic bandage. Padded with felt strips. The complete woven elastic bandage furnishes support to the elbow while the special arrangement of the felt strips provides protection against bruises.

Pair, \$2.00 ★ \$21.60 Doz. *prs*

" 2.00 ★ 21.60 "

No. KF. Same as No. EF, but for knee instead of elbow.

Pair, \$3.50 ★ \$39.00 Doz. *prs*

No. 9KP. Solid leather knee cap, heavily padded with felt. Conforms to curve of knee. Leather strap-and-buckle for fastening.

" 2.25 ★ 24.30 "

No. KP. Made entirely of felt. Otherwise similar to No. 9KP.

" 2.25 ★ 24.30 "

No. KE. Combined leather covered roll style knee pad with elastic reinforcement at either end which holds pad in place and gives additional support.

Pair, \$2.50 ★ \$27.00 Doz. *prs*

No. KC. Combined canvas covered knee pad lined with felt, and with elastic reinforcement at either end.

Pair, \$1.00 ★ \$10.80 Doz. *prs*

No. 1. Knee pad, knit knee piece, heavily padded with woolskin.

Pair, 75c.

Spalding Thumb Protector

No. T. Substantial support for thumb and wrist; will answer for either right or left hand.



No. T

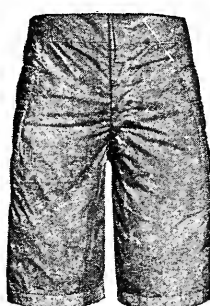
Spalding Special Basket Ball Pants



No. 6B



No. 5B



No. 7B



No. 40P

No. 6B. Good quality, either Gray or White flannel, padded lightly on hips, very loose fitting.

Pair, \$1.75 ★ \$18.90 Doz. *prs*

No. 5B. Heavy Brown or White canvas, padded lightly on hips; very loose fitting.

Pair, \$1.00 ★ \$10.80 Doz. *prs*

No. 7B. White silesia, hips padded; loose fitting.

" .75★ 8.10 "

No. 40P. Padded knee length pants. White silesia.

" 1.00★ 10.80 "

No. 40. Similar to No. 40P, but unpadded.

" .75★ 8.10 "

Stripes down sides of any of above pants, extra. Pair, 25c. ★ \$2.70 Doz. *prs*.

The prices printed in italics opposite items marked with ★ will be quoted only on orders for one-half dozen or more. Quantity prices NOT allowed on items NOT marked with ★

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1915. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

ACCEPT NO
SUBSTITUTE

THE SPALDING



TRADE-MARK

GUARANTEES
QUALITY

SPALDING OFFICIAL BASKET BALL

Cover is made in four sections, with capless ends and of finest and most carefully selected pebble grain leather, special tanned. Extra heavy bladder, made especially for this ball, of extra quality pure Para rubber (not compounded). Each ball packed complete, in sealed box, with raw-hide lace and lacing needle, and guaranteed perfect in every detail.

No. M. Spalding Official Basket Ball. Each, \$7.50



WE GUARANTEE this ball to be perfect in material and workmanship and correct in shape and size when inspected at our factory. If any defect is discovered during the first game in which it is used, or during the first day's practice use, and, if returned at once, we will replace same under this guarantee. We do not guarantee against ordinary wear nor against defect in shape or size that is not discovered immediately after the first day's use. Owing to the superb quality of our No. M Basket Ball, our customers have grown to expect a season's use of one ball, and at times make unreasonable claims under our guarantee, which we will not allow.

A. G. SPALDING & BROS.

PROMPT ATTENTION GIVEN TO
ANY COMMUNICATIONS
ADDRESSED TO US

A. G. SPALDING & BROS.
STORES IN ALL LARGE CITIES

FOR COMPLETE LIST OF STORES
SEE INSIDE FRONT COVER
OF THIS BOOK

Prices in effect July 5, 1915. Subject to change without notice. For Canadian prices see special Canadian Catalogue.

STANDARD QUALITY

An article that is universally given the appellation "Standard" is thereby conceded to be the Criterion, to which are compared all other things of a similar nature. For instance, the Gold Dollar of the United States is the Standard unit of currency, because it must legally contain a specific proportion of pure gold, and the fact of its being Genuine is guaranteed by the Government Stamp thereon. As a protection to the users of this currency against counterfeiting and other tricks, considerable money is expended in maintaining a Secret Service Bureau of Experts. Under the law, citizen manufacturers must depend to a great extent upon Trade-Marks and similar devices to protect themselves against counterfeit products—without the aid of "Government Detectives" or "Public Opinion" to assist them.

Consequently the "Consumer's Protection" against misrepresentation and "inferior quality" rests entirely upon the integrity and responsibility of the "Manufacturer."

A. G. Spalding & Bros. have, by their rigorous attention to "Quality," for thirty-nine years, caused their Trade-Mark to become known throughout the world as a Guarantee of Quality as dependable in their field as the U. S. Currency is in its field.

The necessity of upholding the guarantee of the Spalding Trade-Mark and maintaining the Standard Quality of their Athletic Goods, is, therefore, as obvious as is the necessity of the Government in maintaining a Standard Currency.

Thus each consumer is not only insuring himself but also protecting other consumers when he assists a Reliable Manufacturer in upholding his Trade-Mark and all that it stands for. Therefore, we urge all users of our Athletic Goods to assist us in maintaining the Spalding Standard of Excellence, by insisting that our Trade-Mark be plainly stamped on all athletic goods which they buy, because without this precaution our best efforts towards maintaining Standard Quality and preventing fraudulent substitution will be ineffectual.

Manufacturers of Standard Articles invariably suffer the reputation of being high-priced, and this sentiment is fostered and emphasized by makers of "inferior goods," with whom low prices are the main consideration.

A manufacturer of recognized Standard Goods, with a reputation to uphold and a guarantee to protect, must necessarily have higher prices than a manufacturer of cheap goods, whose idea of and basis of a claim for Standard Quality depends principally upon the eloquence of the salesman.

We know from experience that there is no quicksand more unstable than poverty in quality—and we avoid this quicksand by Standard Quality.

A. G. Spalding & Bros.

STANDARD POLICY

A Standard Quality must be inseparably linked to a Standard Policy.

Without a definite and Standard Mercantile Policy, it is impossible for a Manufacturer to long maintain a Standard Quality. To market his goods through the jobber, a manufacturer must provide a profit for the jobber as well as for the retail dealer. To meet these conditions of Dual Profits, the manufacturer is obliged to set a proportionately high list price on his goods to the consumer.

To enable the glib salesman, when booking his orders, to figure out attractive profits to both the jobber and retailer, these high list prices are absolutely essential; but their real purpose will have been served when the manufacturer has secured his order from the jobber, and the jobber has secured his order from the retailer.

However, these deceptive high list prices are not fair to the consumer, who does not, and, in reality, is not ever expected to pay these fancy list prices.

When the season opens for the sale of such goods, with their misleading but alluring high list prices, the retailer begins to realize his responsibilities, and grapples with the situation as best he can, by offering "special discounts," which vary with local trade conditions.

Under this system of merchandising, the profits to both the manufacturer and the jobber are assured; but as there is no stability maintained in the prices to the consumer, the keen competition amongst the local dealers invariably leads to a demoralized cutting of prices by which the profits of the retailer are practically eliminated.

This demoralization always reacts on the manufacturer. The jobber insists on lower, and still lower, prices. The manufacturer, in his turn, meets this demand for the lowering of prices by the only way open to him, viz: the cheapening and degrading of the quality of his product.

The foregoing conditions became so intolerable that, 16 years ago, in 1899, A. G. Spalding & Bros. determined to rectify this demoralization in the Athletic Goods Trade, and inaugurated what has since become known as "The Spalding Policy."

The "Spalding Policy" eliminates the jobber entirely, so far as Spalding Goods are concerned, and the retail dealer secures the supply of Spalding Athletic Goods direct from the manufacturer by which the retail dealer is assured a fair, legitimate and certain profit on all Spalding Athletic Goods, and the consumer is assured a Standard Quality and is protected from imposition.

The "Spalding Policy" is decidedly for the interest and protection of the users of Athletic Goods, and acts in two ways:

FIRST.—The user is assured of genuine Official Standard Athletic Goods.

SECOND.—As manufacturers we can proceed with confidence in purchasing at the proper time, the very best raw materials required in the manufacture of our various goods, well ahead of their respective seasons, and this enables us to provide the necessary quantity and absolutely maintain the Spalding Standard of Quality.

All retail dealers handling Spalding Athletic Goods are requested to supply consumers at our regular printed catalogue prices—neither more nor less—the same prices that similar goods are sold for in our New York, Chicago and other stores.

All Spalding dealers, as well as users of Spalding Athletic Goods, are treated exactly alike, and no special rebates or discriminations are allowed to anyone.

This, briefly, is the "Spalding Policy," which has already been in successful operation for the past 16 years, and will be indefinitely continued.

In other words, "The Spalding Policy" is a "square deal" for everybody.

A. G. SPALDING & BROS.

By A. G. Spalding.
President

SPALDING'S

ATHLETIC LIBRARY

A separate book covers every Athletic Sport
and is Official and Standard
Price 10 cents each

GRAND PRIZE



LIBRARY OF CONGRESS



0 029 714 087



ST. LOUIS, 1904

PARIS, 1900

SPALDING

ATHLETIC GOODS

ARE THE STANDARD OF THE WORLD

A. G. SPALDING & BROS.

MAINTAIN WHOLESALE and RETAIL STORES in the FOLLOWING CITIES

NEW YORK	CHICAGO	ST. LOUIS
BOSTON	MILWAUKEE	KANSAS CITY
PHILADELPHIA	DETROIT	SAN FRANCISCO
NEWARK	CINCINNATI	LOS ANGELES
ALBANY	CLEVELAND	SEATTLE
BUFFALO	COLUMBUS	SALT LAKE CITY
SYRACUSE	INDIANAPOLIS	PORTLAND
ROCHESTER	PITTSBURGH	MINNEAPOLIS
BALTIMORE	WASHINGTON	ATLANTA
LONDON, ENGLAND		ST. PAUL
LIVERPOOL, ENGLAND		LOUISVILLE
BIRMINGHAM, ENGLAND		DENVER
MANCHESTER, ENGLAND		NEW ORLEANS
EDINBURGH, SCOTLAND		DALLAS
GLASGOW, SCOTLAND		MONTREAL, CANADA
		TORONTO, CANADA
		PARIS, FRANCE
		SYDNEY, AUSTRALIA

Factories owned and operated by A.G. Spalding & Bros. and where all of Spalding's Trade-Marked Athletic Goods are made are located in the following cities:

NEW YORK	CHICAGO	SAN FRANCISCO	CHICOPEE, MASS.
BROOKLYN	BOSTON	PHILADELPHIA	LONDON, ENG.